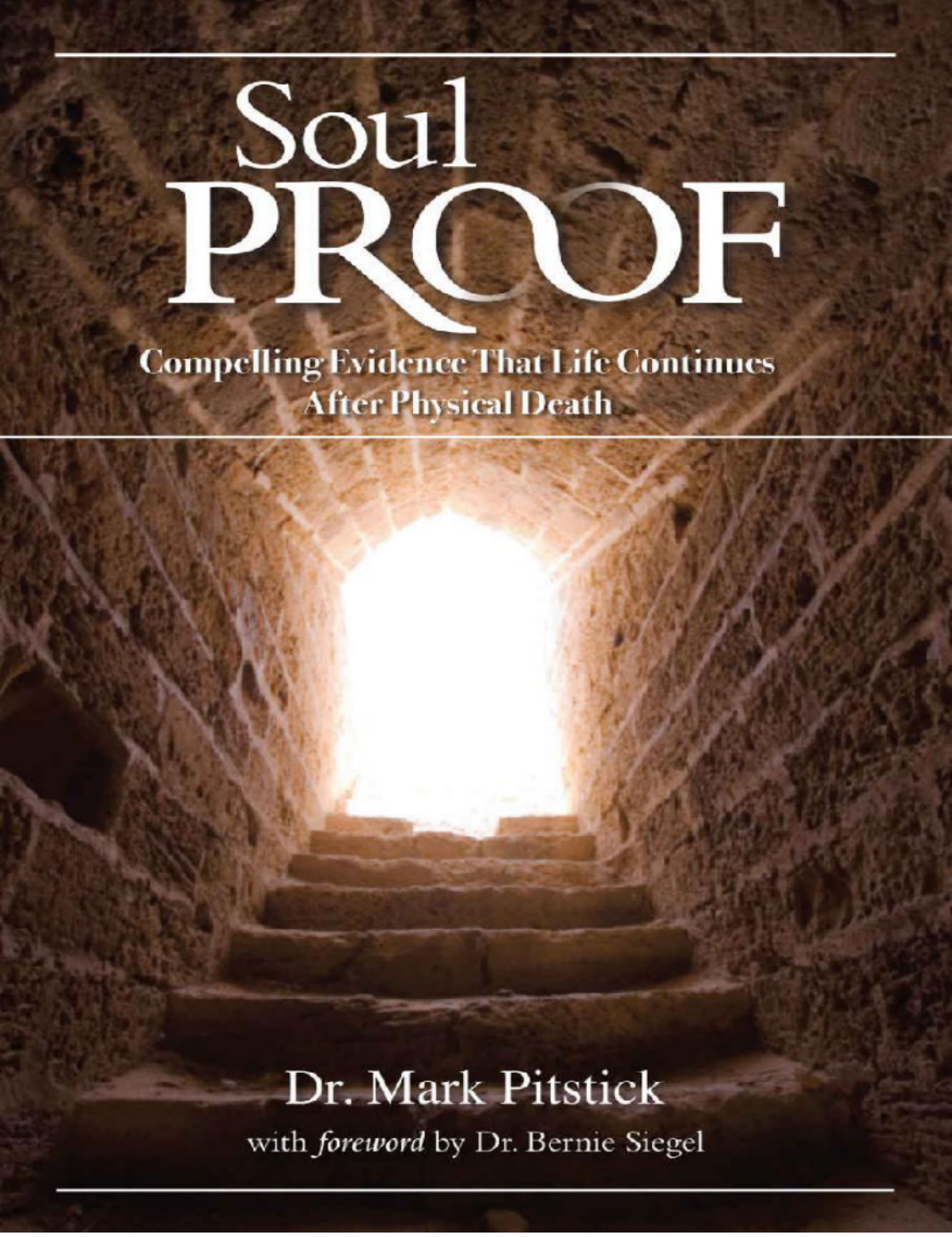
Soul
PROOF
Compelling Evidence That Life Continues
After Physical Death
Dr. Mark Pitstick
with *foreword* by Dr. Bernie Siegel

Soul PROOF

Compelling Evidence
That Life Continues
After Physical Death

Mark Pitstick, M.A., D.C.

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All inquiries should be addressed to Mark R. Pitstick, MA, D.C. mark@soulproof.com
www.soulproof.com

Soul Proof:
Compelling Evidence That Life Continues After Physical Death by Dr. Mark R. Pitstick $19.95 ISBN 0-9661419-6-2

Disclaimer

Every effort has been made to make this collection of materials as complete and accurate as possible. Nevertheless, information may change, and there may be mistakes, both typographical and in content. Important data may be omitted. Therefore, this book should be used as a general guide only and not as a final source of information.

Further, all statements made by the author, Dr. Mark R. Pitstick, are based on his own personal research and study; they do not necessarily reflect the beliefs of all professionals. It should also be noted that in no way is any information contained herein meant to take the place of or to provide any kind of professional advice or treatment, nor does it preclude the need to seek the advice of profession- als on a personal level.

Acknowledgements

To my beloved family and friends for all your love, support, and assistance.

To Wendy Keller, Dr. Paul Brown, Lucy Lather, Lainey Ebright, Andy Lee, Virginia Pitstick, and Otto and Susie Collins for their editorial assistance.

To Ryan Roghaar for the interior and cover design. To Erika Milligan for back cover photography.

To Bernie Siegel M.D. for writing the foreword. To Ken Ring Ph.D., Wayne Dyer Ed.D., Michael Newton Ph.D., Michael Newton Ph.D., Jeffrey Mishlove Ph.D., and Walter Semkiw M.D., for permission to include their exclusive contributions from our radio shows.

To Raymond Moody Ph.D., M.D. for his contributions to the book and training me about facilitated after-death communi- cation.

To Brian Weiss M.D. for sharing invaluable insights dur- ing our radio interview and training me in past life regression therapy.

To the many other researchers and teachers whose findings I have quoted.

To my patients who have taught me so much over the years.

To my Higher Energy Assistants: angels, guides, master teachers, and other evolved energies who provide so much love, support, guidance, and assistance.

To E.L.G.O.D. – the energizing, loving, guiding, organizing, and designing process that is behind all life, is all life, and of which we each are integral, infinite, and eternal parts.

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∞ FOREWORD ∞

by Bernie Siegel, M.D.

I am a believer in the reality of afterlife and our spiritual natures, not because of other people's stories or beliefs, but because my personal and professional life experiences have convinced me.

As such, I am pleased to write a foreword for *Soul Proof*. Mark has assembled a wealth of evidence including firsthand, religious, and clinical indications that can be immensely comforting and healing if you are open minded and ready to believe.

As a four-year-old, I almost choked to death when I took a toy apart and put the pieces in my mouth. I accidentally aspirated them and was choking to death, a very unpleasant way to die, and was pleased when I left my body. I was at peace while looking down at my body, watching myself choking to death. Being out of my body was more interesting than being in it. I had no problem with dying but I was upset, as most children are who have this experience, that my parents would come in and find me dead. My feeling was, "I prefer death; it is more interesting than being alive and in my body."

So I can relate to those who are blind from birth and can see for the first time during their near-death or out-of-body experiences. They're also disappointed when they are resuscitated because now they're blind again. When you meet individuals who are born blind and have these experiences of seeing while out of their bodies, you have to stop and ask: "What is the nature of life? What is going on here? What or who is seeing?"

One of the nine categories of evidence that Mark discusses is that of after-death communications or ADCs. I wrote about these in *Love, Medicine & Miracles* and have experienced numerous others since then. If these are difficult for you to imagine, just find out for yourself. Sit in a room with parents whose children have died and they'll tell you fascinating stories of their children

coming back.

They feel safe in these groups and will share stories they won't speak about in public.

In one case, a woman—whose son had been dead for five years — shared this story. "I was driving down the parkway, when my son appeared in the road in front of me and said: 'Mom, slow down!' So I slowed down. As I came around the curve there were about ten cars that had skidded on a sheet of ice and because of what my son said, I wasn't involved in the accident."

I've experienced a number of ADCs with patients who passed on. I would be out jogging, which puts me in a trance state, and I'd hear a voice say good-bye. I'd come home and tell my wife that so-and- so had just died and an hour later we'd get the call from the family telling us that.

I think these are people you have to be close to. The close relationship creates a conscious energy in some way, making it easier for the communication to occur. If you study quantum physics, you become aware that after you separate subatomic particles they act as if they are still together even though they are separated by a great distance.

I also appreciate Mark's discussion of input from enlightened religions. These esoteric viewpoints recognize a fuller, higher understanding of God. I don't see God as a man or woman sitting somewhere. To me, It is more like the product of the undifferentiated potential which is the source of everything, and out of which comes the Creator, the One. What is the Creator? Intelligence, Energy, Love and Consciousness.

Mark has also included a section on accessing personal sources of wisdom. There are experiential ways to develop an inner knowing that needs no scientific proof. For me, regular silence and meditation assist inner peace—a greater appreciation of the rhythms, beauty, and vast potential of the Universe. The intuitive wisdom of poets and artists also convinces me.

As Mark notes, really accepting both our mortality and our immortality radically changes our lives. Aging, life changes, and death are easier to handle when we know that our essence survives physical death. The most difficult experience, of course, is outliving our children. When counseling parents whose children have died
, first I listen. Then I ask them the question that life is about:

“How do you want to use your pain? How does charcoal become a diamond? Will you start a support group and help others or dwell on the past and endlessly question why?”

The diverse collection of evidence in *Soul Proof* helps us remember that physical death is not an end, but a transition and a new beginning. We can then more clearly focus on the truth that we came here not to be served, but to serve and love others.

Bernie Siegel, M.D.
– author of *Peace, Love and Healing* and other books

Soul PROOF

Compelling Evidence
That Life Continues
After Physical Death

Introducti

"Let us live as if we were immortal." - Aristotle

When I was twenty years old, I worked part-time as a respiratory therapist. On one of my first calls to the emergency room, I assisted treatment on a five-year-old boy who had been hit by a truck. As we treated him, the story unfolded: he had been walking to his first day of kindergarten and was the only child of young parents. Despite hours of resuscitative care, he died from multiple injuries. In shock, I stumbled out into the hall just in time to see his parents' faces contort in grief as a doctor told them the news.

I went outside, shook my fist at the sky, and cursed God. How could an all loving, powerful, and knowing Creator allow a little one to die so tragically? What kind of world was this where innocent children suffer and people experience such losses? Afterwards, I entered a period of agnosticism and experienced the emotional pain and confusion that accompany a bleak world view.

Over time, this and other difficult events in my life motivated me to search for answers to life's existential questions, such as: "Who am I? Why am I here? Is there a loving and just Higher Power? Why is there so much suffering? What happens after physical death?"

You know the questions.

I began a quest to find sensible answers. Over the last forty-five years of intense searching, I've assembled great answers that I'll share in this book.

For now, I invite you to consider two important and powerfully life-changing questions.

First, ***what would it take for you to be convinced that you really are a timeless being who eternally experiences life?*** Are you like a Miami talk-show host who told me he would only believe in the afterlife when he saw an embalmed corpse climb out of a casket? If so, you will probably have to wait until you pass on and see for yourself.

But maybe you are more open-minded than he. What if you knew that many people—including renowned scientists, famous persons, and probably some of your loved ones—have had *firsthand experiences* of otherworldly realities? Would you be more convinced if you knew that ground-breaking clinical and scientific research strongly indicates a continuity of consciousness after bodily death?

My second question is: ***If—as the evidence indicates—you and everyone else are deathless beings, how would that change your life?*** Would it help to know that *you can't really lose loved ones*, but are only separated for a while? Could you better survive, and even thrive, through life's changes if you more deeply grasped that you are eternal by nature? Might this knowledge improve the way you live and treat others?

Take a few moments and think about these questions. As I present the collective evidence, please feel as though we are having a one-on-one discussion about these important issues. *Deeply knowing the evidence* in this book can help you realize just how exciting, magnificent, and safe your earthly experience can be.

You can connect with the tangible and sometimes instantaneous benefits that accompany a deeper understanding of your eternal nature.

Benefits that can accompany a greater awareness of who you are include:

1. Little or no fear and grief about physical death.
2. Greater trust about all the phases of life, even those involving suffering and tragedy.
3. A deeper understanding and peace about life's biggest questions.
4. Increased clarity and courage to fulfill your heartfelt callings.

5. More peace and acceptance about life's inevitable changes.

6. Feeling closer to the Source of all life.
7. Greater appreciation for and care of your body.
8. Resolute knowledge that your earthly experience is totally safe, fair, and purposeful.
9. Enthusiasm, joy, and gratitude about an eternity of love, ser- vice, adventure, growth and enjoyment.

I'll discuss one of these benefits after each category of evidence.

Let me assure you that I am very qualified to write and teach about this subject. My professional training and experiences, listed under *About the Author*, are important. But my personal experiences make me especially knowledgeable and passionate about this work as I've:

- had out-of-body experiences
- glimpsed people who have passed on
- multi-sensorily encountered E.L.G.O.D.
- had profound clairaudient perceptions since childhood
- meditated, practiced yoga, and used holistic self-care for over forty years

Most importantly, over the years, I've seen the transcendence that occurs when people realize their lives are not going to end, or result in a fiery eternity. I've witnessed people climb from the depths of horrible suffering, depression, and hopelessness by choosing, one day at a time, to remember that life and love are forever. Realizing that you and everyone else really are eternal beings empowers you to dramatically change your life for the better.

Categories of Evidence

Nine categories of evidence strongly indicate that no one really dies. I've researched hundreds of books, attended many seminars, and trained with top consciousness experts to compile all the available evidence. All this information has been summarized for you in a simple, interesting, and easy-to-read format.

There is much scientific, clinical, and empirical (based on firsthand evidence) evidence that consciousness survives bodily death. I especially emphasize validation cases that have one or more evidential components. Taken altogether, this evidence clearly points our timeless soul natures.

The nine categories of evidence include:

1. after-death communications
2. near-death and out-of-body experiences
3. miraculous events and divine revelations
4. scientific evidence
5. evidential medium input
6. religious and spirituality teachings
7. perinatal input
8. evidence of cyclical life experiences
9. firsthand experience and other ways of knowing.

Keep in mind that only one aspect of one category needs to be true for the thesis of afterlife to be strongly supported. As noted philosopher and physician Dr. William James said, “In order to disprove the law that all crows are black, it is enough to find one white crow.” As you will see, there is no reasonable explanation for all the evidence unless, in fact, conscious-ness exists independently of the human body.

Faith and Knowledge

The fear of physical death haunts most people and causes problems in nearly everyone’s lives. Many people are uncomfortable being with dying persons, going to funerals, and knowing what to say to mourners. Inordinate amounts of grief occur when loved ones change worlds. When faced with terminal disease, many people suffer through endless tests and treatments, lose their quality of life, and drain their bank accounts trying to prevent the inevitable.

Death anxiety also negatively impacts society via bizarre behaviors stemming from the denial of physical mortality.

Unconscious attempts at escaping the Grim Reaper can include excessive attention to physical appearance, blatant materialism, and superficial relationships. The fear of death can contribute to self-destructive behaviors such as eating disorders, sexual addiction, gambling, or drug and alcohol abuse.

We each need a rational basis for believing our essence is immortal even though our physical bodies are not. In the past, traditional religions attempted to provide this, but most people are no longer convinced by faith alone. Many have rejected orthodoxy; in fact, only a small minority of those in the U.S. now regularly attends worship services. People would like to believe life continues after bodily death but need to see objective proof.

Soul Proof provides that evidence.

The information in Soul Proof allows you to have personal faith and evidence-based knowledge about your enduring nature. This combination can powerfully enable you to live with peace, joy, clarity, and courage no matter what is going on around you.

The 99.9% Perspective

Your five senses may indicate that you are just your physical body but, in truth, you are much more than that. The following facts indicate how little of reality you likely perceive:

- Most humans use less than 1 percent of their brain capacities.
- Much of the brain's function is inhibitory, that is, it limits what you can sense. Otherwise, you might be overwhelmed by sensory input and not able to function.
- If all the existing light and energy (what life is ultimately comprised of) in our world were the size of Mt. Everest, most people can only detect a golf ball-sized portion.
- As such, you likely have been looking at life as though through a tiny pinhole instead of seeing the greater reality of all that exists.

The universe is amazingly vast on a macro scale (to get a better sense of this, view photos or videos from the Hubble space telescope):

- 100 to 400 billion stars like our Sun exist in our galaxy, the Milky Way.
- Latest estimates are that two trillion galaxies may exist in the universe.
- In this vast universe, nebulae spew forth cocoons of energy and matter that have the potential to birth new galaxies.
- Physicists theorize the existence of multiple universes and dimensions in an ever-expanding cosmos.

Now, let's go the other way on a *micro scale:*

- each of your body's 40 trillion or so cells have smaller subunits or organelles
- these, in turn, consist of molecules, atoms and subatomic particles (protons, neutrons, electrons) that are made of even smaller particles (quarks, bosons, muons, etc.)
- The smallest particles have properties of both a wave and a particle, and exist as an interplay between energy and matter.
- This fluctuation between supposed *solidity* (particle) and *invisibility* (waves) has been mathematically estimated to occur 26 septillion times per second.

What's this have to do with knowing that you are an indestructible being of energy and consciousness? Simply put, everything.

Millennia ago, most people understandably had a very difficult time comprehending the vastness of life. They did the best they could, but had only their five senses with which to collect data. As such, they had a very narrow view of reality. *They made up stories* in an attempt to understand what was going on. Those stories were passed down through the ages.

From their limited perspectives, *only what could be seen was "real.* Everything else was *imaginary* (from a materialistic viewpoint) or *spiritual* (from a religious outlook).

Scary events such as droughts, famines, illness and death were thought to be controlled by powerful beings in the sky. Every effort was made to placate these gods in hopes of avoiding more bad things.

Elaborate rituals and belief systems were devised in an attempt to figure out how to have good weather, victory over enemies, good health, and survival of death. Interestingly, some of their archaic beliefs are still held today by those with uninquiring minds.

Up to now, a limited worldview may have caused you to believe:

1. Life on earth is chaotic, senseless, and scary.
2. You can make mistakes – certain thoughts, words, and deeds – that will cause you to suffer horribly for eternity
3. When your physical body dies, that's it, end of story
4. Alternatively, there are other planes of consciousness but your loved ones who pass on know nothing until a resurrection. Or, they are a trillion zillion miles up in the sky and you can't see them until you die.
5. Any Higher Power, if one really exists, is distant and sepa- rate from you. This big man in the sky is to be feared and appeased.
6. Earth is 'here and solid' whereas the afterlife – divided from earth by a veil – is 'over there and invisible'.

This list of misunderstandings that greatly affects the quality and quantity of earthly life goes on and on. The beliefs listed above are the result of a limited golf ball perspective. You now have the
opportunity to expand your understanding of reality to a Mt. Everest viewpoint. Throughout this book, I'll share what the contemporary evidence has to say about each of the erroneous beliefs above.

Communicating the Unspeakable

Regarding speaking about ultimate truths, ancient wisdom sources state, “He who knows, does not speak. And he who speaks, does not know.” This saying addresses the ultimately unknowable nature of reality.

However, in the 21st century, there is much that I can state with greater certainty. I am sensitive to the semantics of scientific methodology and the importance of not overstating the evidence. At the same time, I want readers to know that much data strongly points to an eternal life for all.

As a further disclaimer: I will share my current best understandings, but do certainly not claim to have all the answers or the only answers. My views have changed over the years – and will probably continue to do so – as I learn more information and have new experiences.

Webster defines *evidence* as: “an outward sign; something that furnishes proof; testimony.” The definition of *proof* is: “something proved by common experience; knowledge acquired by experience; something that induces certainty and establishes validity.”(1)

Based on these definitions, *Soul Proof* presents much evidence and proof that you and everyone else are eternal beings of energy / consciousness / spirit. This means that death is not really an end.

NOTE: I will define my terms in Appendix A and highly recommend that you review that section before reading further.

Final Comments

The benefits of this book are quite practical and can be applied to every aspect of your life from this moment on. Life just makes more sense and flows better when you really know who you are.

This freedom from fear was beautifully described by Jill who wrote, “I ordered your book and was pleased, delighted and fascinated with the information within. A few weeks ago I was diagnosed with cancer. Interestingly, while the doctor gave the prognosis to me, I found myself calm and surrounded by what I can only describe as love. I honestly feel that reading your book helped marshal my courage and faith to deal with this crisis.”

Here's another example of how this information can transform your life. Elaine wrote: "I am reading Soul Proof as I sit next to my son's gravesite on the first anniversary of his passing. The last year has been quite difficult. Today, though, I feel a sense of peace as I sit with him. I learned a term at your Helping Parents Heal presentation that has helped me immensely: "He just dropped his earthly body." I now know that what is beneath the earth is his physical shell that he no longer needs. His soul lives on in Heaven, he is happy, I will see him again, and can do so now. Thank you!"

I am personally certain about the topics in this book, but only you can decide for yourself what seems most true.

One of the working titles for this book was Coming Home. No matter what your circumstances in life, when you remember—who you are, where you came from, and Who walks beside you always— you are always Home.

This wisdom is reflected in the wonderful book, Go Toward The Light, by Chris Oyler. When her son Ben, a nine-year-old dying from AIDS, asked about the nature of 'heaven,' his dad replied: "We don't know exactly what it looks like. But it will feel like coming home. You know what it's like to get back home after you've been away for a while? You know how good it feels? That's what it will be like—like going home." (2)

That's how you can feel most or all of the time as you remember who you really are and live accordingly.

NOTE: Articles mentioned can be found on the homepage of SoulProof.com. Products can be found at SoulProof.com/Shop/

- Audio-products: *Holistic Breathing, Facilitated After-Death Communication, Ask Your Soul, Pre-Birth Planning, Past Life Regression, Ask the Soul Doctor and others*
- My other books *Radiant Wellness, The Eleven Questions, and Greater Reality Living* (co-authored with Dr. Gary Schwartz)
- *Soul Proof* documentary film

Evidence Category 1

After-Death Communications

An old man is lying alone in his bed on a cold wintry night. He is miserly, cruel and selfish—and sees nothing wrong with that. He hears a noise and looks over to see three ghosts who take him on an odyssey that radically transforms his life for the better. You may recognize this character as Scrooge in Charles Dickens' *A Christmas Carol.* The inspiration for this story may have come from real life experience.

In his writings, Dickens described walking alone late at night along a darkened cobblestone street. Suddenly, he heard the sound of hoofbeats and looked over his shoulder to see a horse and its rider careening rapidly toward him. He lunged into a doorway to avoid being run over, and then—to his surprise—saw nothing. The street was suddenly as quiet and unoccupied as it had been a moment before. (1)

This experience may have convinced him about the reality of spirits and influenced him to write about Scrooge's spirit-assisted rebirth. A Christmas Carol has entertained and inspired many people over the years and serves as a potent metaphor for the transformative potential of visitation by discarnate beings.

Dickens wasn't alone. After-death communications (ADCs) have been reported across recorded time and in many cultures. Famous people like President Abraham Lincoln and Sir Arthur Conan Doyle had personal experiences that convinced them of the reality of life

after physical death. General George Patton strongly believed in ghosts and claims to have received visits by loved ones such as his father who had transitioned from earth. As he told his nephew Fred Ayer Jr., who wrote Patton's memoirs Before the Colors Fade,

"Father used to come to me in the evenings in my tent and sit down to talk and assure me that I would do all right and act bravely in the battle coming the next day. He was just as real as in his study at home at Lake Vineyard." (2)

The phenomenon of ADCs is a fascinating category of evidence that humans survive bodily death. The term describes contact with a person who has changed worlds. Such reports used to be considered weird and many people did not share them for fear of being considered crazy. More people are now openly sharing these surprisingly common experiences. ADCs have been reported by at least 25 percent of Americans, 66 percent of widows, and 75 percent of parents whose children have passed over.

ADCs can be experienced while awake or asleep. While awake, those who have graduated from earth-school may be detected with your usual senses. That is, you may see, hear, smell, or feel them as you do another human. More often, however, waking ADCs involve more subtle perceptions: seeing with your mind's eye, hearing them telepathically, or clearly feeling their presence and knowing they are there.

ADCs often occur during dreams apparently because the person receiving the communication is deeply relaxed and the usual hectic brain activity is dampened. Dream ADCs seem more vibrant and real than usual and people usually awaken with a strong sense that actual contact was made. Further, they often experience immediate comfort and reassurance that their loved one who changed worlds really are alive and well.

I was reminded about the commonality of ADCs as I prepared for a television interview on the subject and spoke with the producer. She excitedly said, "Oh, I've had some of those!" and shared several, including the following: "When I was a little girl, I awoke one morning at my grandmother's house and went into the kitchen. I saw a soldier standing there. He looked like a real person to me but I didn't know him so I didn't ask him to make my breakfast or help me get dressed."

She continued, “When my grandmother came downstairs to help me, I told her about the man in the kitchen and asked who he was. She became very upset and wouldn’t talk about it any further. Only years later did I figure out who this man was when I found an old picture of him. It was my grandfather; he had been a soldier and my grandmother was widowed when my mother was an infant.”

As you will learn, respected views from science and religion support the possibility of communication from beyond the grave. For example, Rev. Dr. Norman Vincent Peale, who earned worldwide respect for his sensible application of religious principles, stated, “I firmly believe that when you die you will enter immediately into another life. They who have gone before us are alive in one form of life and we in another.” (3)

Some religious denominations believe that the soul sleeps after bodily death until some judgment day. A number of other religions and denominations, however, describe an uninterrupted continuation of consciousness. Much evidence is consistent with Peale’s view that life continues seamlessly after physical death. As such, ADC reports are consistent with at least some well accepted theological views.

I first became aware of ADCs when I worked in hospitals as a respiratory therapist. Several elderly and completely lucid patients reservedly told me, “I don’t know why I’m telling you this, but there’s something about you. Last night I was visited by my late husband. He stood right there by the foot of the bed, smiled, and told me I would see him again.” These patients were very excited about their experiences, but hesitant to tell others for fear of being thought they were crazy.

What is the difference between ghosts and souls who visit during ADCs? Ghosts are considered to be in limbo between heaven and earth as a result of several possibilities: intense addictions; strong emotions such as revenge and anger; a sudden or violent death; and limited awareness with resistance to entering the Light.

Feeling stuck in this netherworld is like purgatory described by some religions. Ghosts can actually enter the Light anytime they choose, but may be afraid or ignorant about this possibility. Visitations by these forlorn spirits may feel scary or sad, be accompanied by physical coldness, and

continue for a long time.

Their energy is characterized as being slower, looking darker, and feeling hopeless.

Souls who visit during ADCs, on the other hand, usually make briefer visits and exude energies of peace, love, and joy. They are not stuck but, rather, have successfully made the transition into another realm are just visiting. Their visits are motivated by the desire to relay comfort and hope. Recipients of ADCs consider them to be sacred and are often transformed by the experience.

Why Hasn't My Loved One Who Passed On Contacted Me?

This is a very commonly asked and understandable question. Why do some loved ones make contact after changing worlds while others don't? There are several possible reasons that I'm aware of. They may still be reorienting and thus not able to visit. Much energy and determination appear to be required for inter- dimensional visitation .

Physical death by suicide, violence, unexpected means, or after a long severe illness may require a period of resting and healing. So don't be concerned if a loved one who passed on by one or more of those ways doesn't show up right away.

Earth-time may be perceived differently from spirit-time. You may wonder why loved ones who crossed over a few months ago haven't visited yet while they are still getting adjusted to their new locale.

Here's another possibility: a lack of contact from your dear one may be a prearranged plan between you two. Why? To motivate you to search deeper and, hence, more clearly know and show that you are a forever being. And that process, in turn, will bless everyone you meet.

You may be able to learn more about possible soul plans with a Life Between Lives therapist (NewtonInstitute.org). I created an
audio product Pre-Birth Planning for use at home; available under Shop at SoulProof.com.

Some people perceive after-death visits during the first year after a loved one transitions, but then the frequency decreases or stops

completely. This, as well as a lack of initial visits, may occur for two reasons:

- your loved ones know you are doing OK so they can focus more on activities in their new realm
- your soul needs to become more independent; your loved ones who transitioned from earth can help you do that by not visiting so much

Often, the solution to sensing your loved ones who have changed worlds is simply to ask and become a better receiver. They are good transmitters, but you need to be on a similar high-energy wavelength to tune-in. You won't be able to detect them if you are overly sad, fearful, angry, depressed, bitter, analytical, or physically imbalanced. Read article *#9 Visiting With 'Departed' Loved Ones Now* for more information.

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There are four ADC subcategories: transformational, shared, evidential, and facilitated.

Transformational ADCs

Transformational ADCs cannot be documented because they involve only one person. However, such reports are often very meaningful for the person involved and ring true for those who hear the stories.

The eminent psychiatrist Dr. Carl Jung related a personal dream ADC: "Six weeks after his death my father appeared to me in a dream… It was an unforgettable experience, and it forced me for the first time to think about life after death." (4)

Dorothy, a spry and wise octogenarian, wrote that her first ADC happened many years ago: "My grandmother had died several years before I went to work in Washington, D.C. We had been very close before her death. It was January 14, 1944 and that evening, as I
was preparing for bed, my closet door opened slightly, and I felt a tangible presence. An audible, gentle voice said, 'I'm so proud of you that you left home and are working here. I know that you will

do well.' My memory is still so clear about that moment. The next day I called my mother in Ohio; she said they had put flowers on the altar at church for Grandma since it was her birthday. I told her about my visitation and she cried.'"

An elderly widower from Florida had bought his wife a music box for a wedding anniversary, but it had quit working many years ago. Shortly after she passed on, she made her presence known, he felt, when the box started playing. He had never wound the spring and
it still sat on the shelf where it had all those years. Yet, periodically throughout the year—especially on birthdays and anniversaries— the music box played perfectly. He was convinced that her soul was contacting him from another realm, and reminding him that they would see each other again.

Over the years, I have heard several ADC reports involving music boxes. Perhaps those in other realms are as enchanted as we on earth by those simple melodies. My friend Nancy Eberhardt had a music box that had been broken for many years. Just before she received news of her mother-in-law's passing, the box started
playing. A couple days later, while Nancy was reading the obituary, it tinkled again. She said, "I still get goose bumps when I remember this happening."

During an Arizona radio interview, the host told me a high- tech ADC story. A husband and wife had a secret code on their pagers that no one else knew. When one of them was to call home, the other dialed in 777-7777. The wife passed on and, soon after her burial, the husband visited the cemetery. As he approached her
gravesite, his pager beeped. He was astounded and grateful as he saw on the display: 777-7777.

Pets can also visit after crossing over as illustrated by the following transformational ADC story that blessed several people over time. Heidi had a cat named Lucky that passed over at age twenty-one. She stated:

> I wasn't a religious person and never really believed in life after death, but the following experience in 1990 changed my beliefs. I had just laid down in bed for the night. I was still awake when I felt that someone was calling for me. I sat up and thought, "I can't go. If Bill (my husband) wakes up, he'll wonder where I am." That didn't seem to matter

because before I knew it I was going down our hall. I didn't make

the conscious decision to go and I actually do not remember getting up and walking.

I noticed a very bright light coming from our son's bedroom. I looked in and saw my cat Lucky who had passed on about four months earlier. She was rolling around on her back
the way cats do when they feel good. She appeared young and didn't have her arthritis anymore. I was amazed at how bright it was in the room. I looked at the window and thought, "the sun isn't out and the light in the room isn't this bright."

I knew that someone was behind me. It seemed like the person was dressed in a white robe and I felt it was Jesus.
I remember thinking how warm and peaceful I felt—I had never felt anything like it. I looked down at my feet, but it was like they weren't there. I reached for my cat with both hands to touch her but a man's voice said, "No, don't touch her." I immediately pulled my hands back to my chest and realized, "That's right, I don't want to ruin it for her." After a while, she started to fade away. I felt sad that she was going, and then it was over.

I didn't tell anyone about this until my husband and I were watching a TV show about near-death experiences a month later. I told Bill because my experience was so similar and he felt it was from God. I also eventually told my father. Dad asked me to tell him the story again four times during the week before he passed on even though he wasn't ill and his death was totally unexpected.

Our son Mike was killed in a car accident on January 13, 2001. I cannot begin to put into words how difficult that was, but the experience I had eleven years ago has helped us this terrible time. We KNOW Mike is still with us because we have had several contacts from him. We miss Mike's physical presence very much, but we have the peace of mind that he is alive and well in another place.

Shared ADCs

Shared ADCs is a term for after-death communications that are experienced by more than one person at the same time. Being perceived simultaneously by two or more people suggests more strongly that a real contact has been made.

Nancy, my daughters' piano teacher, shared the following shared ADC:

> After my mother's death, my two siblings and I inherited several pieces of long-time family real estate. My husband, daughters, and I were gathered around my computer as my sister from Louisiana emailed the estate appraisal to us that was low, of course, for tax purposes. Mother's small house in town, two farms, and her heirloom antiques were of great sentimental value to her and we hoped she wasn't offended by the low estimate.
>
> Suddenly, the phone beside the computer began to ring.
>
> We were dumbfounded since it was the only one out of several in the house that was ringing and it definitely WAS NOT PLUGGED IN! I picked up the receiver to stop the ringing and said, "Mother?" in a quivery voice, but there was no answer. I guess mom was displeased at those paltry estimates of her earthly treasures.

Sharon, a patient whose word I trust implicitly, contributed this shared ADC:

> There was a man who lived up the hill from us when I was young. He liked to work in his yard and was always planting something or trimming the grass. One day, he became ill and had to go to the hospital. The following day, my mother and I were outside and saw him getting some tools out of his shed. She said our neighbor must be better because he was out of the hospital and preparing to do some yard work. But later that day we got the newspaper and saw that he had died at the hospital the day before.
>
> Death bed visions (DBL) are a type of shared ADC since spirit visitors have been seen by health care professionals, friends, and relatives as well as the person who is approaching physical death.

As described on the website of the Division of Perceptual Studies at the University of Virginia School of Medicine:

> Deathbed visions are those visions or other experiences that a dying person may have in the minutes, hours or days before his or her death. Family members or hospital personnel
> may report that a dying person, previously weak or even comatose, suddenly revived, sat up, stared at a corner of the room and called out the name of a deceased loved one. In rarer cases, a bystander has had such a vision, either alone or simultaneously with the dying person. (5)

This topic is described in more detail in *Greater Reality Living: Integrating the Evidence for Eternal Consciousness Into Your Daily Life* that I co-authored with Gary Schwartz, Ph.D.

Evidential ADCs

The next category of ADCs is termed evidential. These involve experiences in which a person learns something he or she did not know before and, in fact, had no way of knowing. Information revealed by evidential ADCs provides stronger documentation that these encounters are not illusions. Visiting discarnates may tell about long lost objects that are subsequently discovered. Even more impressively, they may relay information that was not known to anyone but is later verified.

An example of this type is provided by Bill and Judy Guggenheim in *'Hello from Heaven*. As Kitty, a sixty-five year-old homemaker in Alabama described:

> Leland was our friend, and we bought our home from him. He was a mail carrier and was killed one morning in his mail truck.
>
> The next morning he appeared in my bedroom! While standing there, he told me to tell Frances, his wife, that he had an insurance policy she didn't know about. He said, "It's in our bedroom, in the top drawer of the chest under the paper. Tell Frances where it is." And then he disappeared.
>
> My husband, Cliff, walked in the room and I told him what had happened. He said, "Well, let's call and tell Frances." I said, "She'll think I'm nuts!"

> So my husband went down and told Leland's brother, Reed, to look in the top drawer of the chest under the paper—that he might find an insurance policy there. But Cliff didn't explain what had happened to me.
>
> Sure enough, they looked and there was an insurance policy just like Leland had told me! Reed called and thanked my husband, but we never told them how we knew. They just wouldn't have understood. (6)

In *Love, Medicine, and Miracles*, Bernie Siegel, M.D., shares an evidential case involving Bill, a physician with esophageal cancer.

Bill had joined an *Exceptional Cancer Patient* (ECaP) group but was quiet and distant. Said Siegel:

> Three months after Bill had died of his cancer, a young college student came to my office to interview me. She said she'd been in a healing circle the night before, and since they knew she was going to see me the next day, the medium who was directing the circle had asked if there was any message for me. She handed me a card: "To Bernie from Bill with love and peace. If I had known it was this easy, I'd have bought the package a long time ago and wouldn't have resisted so much."
>
> When I called his wife, she said, "That's what he always told me after the meetings. He would attend, but he said he
> couldn't buy the package."… The people in the healing circle knew nothing about who Bill was, yet there was the same phrase he and his wife used. "Love and peace" is the closing I use for all my letters. Who else could this note be from? How can I help but believe and share this belief with others? (7)

My dear friend Dottie Asselin co-founded, with her husband Joe, the S*and, Sea and Spirit* holistic health retreats. I've known her for over 20 years; she is as close to an earth-angel or saint as you'll find. At age 92, she still serves others with her aura readings and
classes about spirituality and fully engaging in life. Joe passed on in late 2013 after helping many people, especially after retiring as an engineer.

In 2014, I was talking with Dottie and asked, "Have you heard from Joe lately?" She never hesitated and replied, "Oh

sure, all the time. But here's one of his best contacts…" Dottie gave me permission to share the following story with others.

(By the way, notice our language: Joe physically died six months earlier and yet I asked her if she had any visits from him. That's an example of conscious language when you know death is not an end.)

Shortly before he died, Joe completed their taxes for 2013 using TurboTax® software. He told Dottie, "If I'm not around in April when taxes are due, just enter the code and everything will print out for the accountant."

In March, three months after Joe's passing, she looked and looked, but couldn't find the code. She was staying with Sue, her physician's daughter, at that time and they planned to reassemble all the paperwork and repeat the process.

That night, Dottie went to bed with a prayer that she wouldn't have to start from the beginning. The next morning, her phone registered a message from *Joe Asselin* and it read: "the TurboTax code is…" with the required information. Dottie showed the message to Sue and they quickly entered the code into her computer. The tax work that Joe had completed opened
successfully. Soon afterwards, Dottie checked her phone and there was no record of any such message.

This is one of the most remarkable ADCs I've heard and it has both shared and evidential components. It especially makes sense that someone with a spiritually informed and engineering trained mind like Joe would be able to pull off an impressive manipulation of an electronic device.

Elisabeth Kubler-Ross, M.D., had an evidentiary encounter with a patient whose body had died several months earlier. She was walking in the hallway toward her office one day and noticed a woman standing in the corridor. They began talking and Dr. Kubler- Ross led the woman into her office. After a while, she said with considerable amazement 'I know you!' and recognized the woman as 'Mrs. Schwartz,' a patient who had died several months earlier.
Mrs. Schwartz acknowledged her identity and the two talked for some time. In an attempt to obtain verifiable evidence of the visit, Dr. Kubler-Ross asked the woman to write a note to her minister. Afterwards, analysis of the handwriting matched samples written before she passed over. (8)

(Dr. Kubler-Ross most likely didn't initially recognize the woman because those in unseen realms typically appear younger than they did before crossing over. When taking on a physical appearance, souls who were older when they passed on often appear to be about thirty years old.)

Facilitated ADCs

I use this term to describe different methods of increasing the likelihood of having a meaningful ADC. Three ways I will discuss include: The Psychomanteum, Induced After Death
Communications, and the Facilitated After Death Communication Technique.

Some people are concerned about Biblical admonitions against consorting with spirits. As always, it's useful to examine such passages in their full context and contemporary relevance. Warnings such as "Do not resort to ghosts and spirits, nor make yourselves unclean by seeking them out" primarily appear in Leviticus chapters 19 and 20. These "thou shalt not" chapters also warn against planting fields with two kinds of seed, wearing garments with two kinds of yarn, and cutting the hair and beard in a certain way. Do critics of visiting those who have crossed over also take these other ancient instructions seriously?

If you are concerned about protection from lower energy spirits, you can shield yourself with prayer beforehand. Simply pray, affirm, or visualize that you will only interact with good, love and light.
See yourself in a cocoon of golden white light and know that you are safe from any malicious or capricious entities.

I was trained by Dr. Raymond Moody to conduct psychomanteum sessions. As described in his book Reunions, many grieving persons had told him, 'If I could only talk to my loved ones who passed on again—even for just five minutes.' This motivated him to research practical ways to facilitate contact with those who had passed on.

The psychomanteum involves mirror gazing in a totally quiet and nearly darkened room. Sensory deprivation and the mirror's clear optical depth provide an optimal environment for detecting and communicating with dear ones who have changed worlds.

Mirror gazing has been practiced on every continent over several millennia. One hundred years ago, scientists investigating sightings of ghostly apparitions found they often occurred in mirrors or other reflective surfaces. The technique is safe, time-tested, and there is no evidence that anyone has ever been harmed by an apparition. (9)

A number of validations have surfaced during mirror gazing sessions led by therapists around the world. These authenticated cases further add to the depth and breadth of evidence that there is much more to life than meets the eye. On one occasion, several subjects in a large booth saw the same apparition as confirmed by comparing notes afterwards.

During our radio interview, Dr. Moody discussed another validation case: “I have a good friend in France who is well known as a psychologist and journalist. He set up (the booth) for a friend who had lost a loved one and was having a great deal of difficulty about it. He left her in the booth for an hour. When he went in to get her, she waved him away and said, ‘No, don’t come in now, something is going on.’ When he looked up, he saw the apparition too, and, heard it talking to her. So, yes, once in awhile, the facilitator also sees the apparition.” (10)

In the following psychomanteum session, two other participants, Chris and Mary, joined me in the booth. For clinical objectivity, we purposely did not share any information about whom we hoped to contact. Twenty minutes into the session, I saw a gauzy female figure forming in the bottom of my peripheral vision. It looked like someone at the halfway stage of getting beamed up on *Star Trek*.
First an outline and then the interior partly filled in so that I could see the figure of an female with long brown hair.

I looked at her directly to see more clearly and the image disappeared. Then I recalled that visiting spirits are sometimes best seen with the peripheral vision. That is, focusing too intently may interfere with perception, perhaps by engaging the analytical left cerebral cortex.

I relaxed and returned my gaze toward the mirror. Soon the image began forming again and I mentally asked what name she went by. A thought impression of the names Mary and Margaret immediately registered. My often over-analyzing brain complained that I could just be making all this up.

I next telepathically asked who she came to visit and received the impression that it was for Chris. “Well,” my skeptical mind chimed in, “That’s a 50-50 chance (since I didn’t know the person.) How do you know you aren’t just making this up?” Just then, I felt a distinct and moderately forceful tap on my left shoulder blade, as if to say: “Uh-huh, are you making that up?”

Now, I had set up the room and knew that no one else was in there. Through my side-vision, I could see Chris and Mary five feet away so I knew they didn’t do it. Several minutes later, I felt another firm tap in the same place and a brisk rubbing along the lateral aspect of my left thigh.

After the session, we shared our experiences. When I mentioned the names I received and who they were for, Chris covered her mouth and exclaimed: “Margaret is my mother and Mary is my grandmother!” The combination of seeing the gauzy form, getting touched three times, and receiving verifiable information that I did not know was potent proof for me and the others.

Induced After Death Communication (IADC) is another way to increase the likelihood of successful apprehension of those who have transitioned from earth. As described by Allan Botkin, Psy.D. and Craig Hogan, Ph.D. in *Induced After-Death Communication,* techniques utilizing eye movement, desensitization and reprocessing (EMDR) are used.

This approach has been very successful with nearly all clients that hundreds of IADC-trained psychotherapists have worked with. EDMR works equally well whether people are religious or agnostic, and for recent as well as old cases of grieving. For more information, visit Induced-ADC.com.

The *Facilitated After-Death Communication Technique* is an approach I designed that uses deep hypnosis and visual imagery. This often allows people to more deeply perceive the presence of dear ones who have graduated from earth-school. Many people have reported having meaningful experiences such feeling a loved one stroke their hair, hold their hand, and convey important messages. Parents of children who have passed on have described their little one sitting on their lap.

(Parenthetically, *shining light parent* is a more accurate term versus *bereaved parent*. The latter focuses on sadness, pain, and loss; the former recognizes that children who change worlds are

literally shining lights now. That light, love, energy, and spirit endures and can manifest in various ways throughout eternity. This more hopeful view is based on much clinical and scientific evidence. I am honored to help introduce the term shining light parent as an important advancement in conscious language.)

One of the most remarkable reports came from Elaine, whose son had passed on eighteen months prior. She had healed a lot, but was understandably still having much sadness and pain. During the session, her face was very relaxed with her mouth parted slightly.
Halfway through, however, her upper lip on one side raised up, then the other side, then both. (If you try this in front of a mirror, you'll find that it's impossible to do this while your face remains totally relaxed.)

I had never seen anything like this despite leading this technique with many people. After the session, when participants had a chance to share their experiences, Elaine said her son came in quickly and they had a wonderful visit. About half way through, she reported, he began manipulating her facial muscles to help her remember how to smile again.

Currently, the FADC technique is one of the best ways to visit with dear ones who have passed on, but definitely not passed away.
Its effectiveness is increased when a person prepares beforehand in the following ways. ***(articles and audio-products available at SoulProof.com)***

1. Read article #1: Scientific Evidence That Life Is Never-Ending. This will help you more deeply know that death is not an end, just a transition into another phase of forever.
2. Read article #12: Holistically Fine-Tuning Yourself. For more information, read *Radiant Wellness*.
3. Use the Holistic Breathing Technique to release stuck pain, sad- ness, anger, fear, and other lower energy emotions. This can help you better remember the big picture perspective of life.
4. Listen to the free Radio Shows to learn sensible

answers to the questions most commonly asked about life after physical death.

5. Read article #9 Visiting Your ‘Departed’ Loved Ones Now and take action steps.

6. Use my *Facilitated After Death Contact* session to visit with your dear ones who have passed on but definitely not passed away.

These approaches have helped many people realize that their loved ones are very much alive, well, near, and you will see each other again. That doesn't take away all the grief, but it does lighten it and help you remember that life and love are forever.

Conclusions and Action Steps

Everyone wants reassurance that they will see loved ones again after physical death. Paul McCartney, whose wife Linda passed on in 1998, said he's comforted by thoughts that her essence lives on: "After Linda died , I think all of us in the family would hear noises or see things and think 'That's Linda; that's mom…' And I think
in some ways, it's very comforting to think she's still here… You don't know if it's true. But it's a great thought. And it's an uplifting thought. So I allow myself to go there." (11)

After-death communications—whether shared, evidential, transformative, or facilitated—constitute a remarkable body of evidence for the continuation of consciousness after crossing over. These indications that bodily death is merely a gateway to changing worlds are immensely comforting and healing. The commonality
of ADCs and frequent validation aspects further contribute to the evidence that physical death is not the end of life.

Faith and knowledge accompanied by action assists optimal growth. I recommend completing follow-up exercises for each category of evidence. Suggested action steps for this chapter include:

∞ Recall whether you have experienced any peculiar events— even subtle and fleeting—that may have been attempts by loved ones who changed worlds to contact you.

∞ Ask your family members and friends if they—or anyone they know—have experienced an ADC.

∞ Reflect upon your feelings about the safety and appropriate- ness of getting in touch with those who have dropped their bodies.

∞ Stay open to the possibility of ADCs from your loved ones. Talk to them, silently or aloud, and then listen for a quiet re- sponse that registers in your head or heart.

1 ∞ Benefit

Little or no fear and grief about physical death

Dick, my brother-in-law Jack's father, recently transitioned from this life. That night, Jack dreamt that he saw his dad in a bright, white haze-filled hallway. Down the hall, about twenty feet beyond Dick, were many people who Jack immediately recognized as family and friends who had passed on over the years.

Well past them in the distance was a brilliant white light circled in brilliant blue. As Dick moved toward the light, his relatives, friends and parents were greeting him. Jack also saw two people whom he didn't immediately recognize.

Jack awakened immediately after the dream. It felt so real and reassuring that he was deeply comforted. He told his wife Nancy what had happened and shared his vision of all Dick's family and friends greeting him. Jack was puzzled, though, about the two people that he did not recognize.

The next evening, Jack received a call from one of Dick's cousins expressing her condolences. She said that Dick was the third relative who had passed away in the last month; two other distant cousins of Dick had died just recently. Jack then realized that the two people he did not recognize were relatives he hadn't met.

Jack's dream AD.C. made him believe his father had passed on to a greater life and was being welcomed to the next part of infinity.
He felt doubly reassured after receiving validation of his dream.

It's never easy when a loved one passes on, no matter what the age, but Dick had been very ill for some time and was in his mid-eighties. The physical death of a child, however, is usually the toughest test of faith. As such, in this section I will focus on children dying although these principles apply to those who transition at any age. Please share this with any shining light parents – families with a child who passed on – you know.

Even though death seems more timely for an eighty-five year-old than a five year-old, good evidence indicates that earth-age and soul- age are quite different. A child who graduates from earth school might be a more evolved soul than that of an octogenarian, thus the abbreviated earth visit. A greater reality perspective also reminds us that five or eighty-five years are just a blink of an eye in eternity.

The reality of life after bodily death is difficult for some to fathom because the physical world seems so overwhelmingly real. In How Can I Help? Ram Dass and Paul Gorman share a powerfully instructive story about the great Tibetan teacher Marpa: "One day, Marpa's eldest son was killed. Off by himself, alone with his grief, Marpa wept. One of his students approached him and said, 'I don't understand. You teach that all this is illusion …If all this is illusion, why do you grieve so deeply?' Marpa replied, 'Yes, everything here is illusion. And the death of a child is the greatest of these illusions.'" (12)

What a blessing to see through the illusion that physicality is all there is. When children change worlds, their loved ones have two choices: they can become bitter or better. They can lose faith
and believe that tragedy proves life on earth is unjust, horrible, and chaotic. Or, they can transmute their pain into greater love, growth, and service to others. Some parents have even experienced more
joy and peace – not in spite of but because of the physical death of their child that triggered an awakening, a spiritually transformative experience.

In my radio interview with Dr. Wayne Dyer, I asked, "What do you tell parents whose children have passed on?" He answered: "That there is no death, that's not a possibility. Our true essence is that we are spiritual beings having a human experience. When God calls Home young people, they were

only here for that amount of time because that's all the time they chose to be here.

Self-actualizing people get over death almost as if it didn't happen because for them it doesn't happen. Once you see that, you realize you can never be separate from them. There's a sacred hoop that connects all of us." (13)

Some people wonder how Divine perfection can be true when mass deaths and large scale disasters occur. Based on his Life Between Lives® research, Michael Newton Ph.D. stated, "I have found that souls essentially volunteer in advance for bodies that will have sudden fatal illnesses, are to be killed by someone, or come to an abrupt end of life with many others from a catastrophic event. Souls who become involved in these tragedies are not caught in the wrong place at the wrong time with a capricious God looking the other way. Every soul has a motive for the events in which it chooses to participate." (14)

From an earthly perspective, such events appear to be tragedies. From a big picture perspective, they are tickets back Home for beings who are ready to move on.

Knowing that you are a forever being can shape how you live for the better. For example, current religious teachings, social
mores, and laws make it difficult for aged and severely ill people to transition when they feel it's time.

Despite no or little prospect of increased quality and quantity of life, costly diagnostic and therapeutic measures are used with the aged and infirm. Reactionaries yell 'they're trying to kill Granny' when lawmakers point out the unsustainable costs of extending lives of those with advanced age and disease by perhaps just a few months.

Let's face it. Extreme life-saving measures are enacted, in part, for profit. Consider the high overhead costs of hospital complexes and how much money is made from end-of-this-life measures.
Some people with advanced cancer go through painful and costly chemotherapy, radiation and surgery, only to cross over anyway. Their last few months are filled with nausea, pain, and doctor visits that drain their life savings and dignity.

Nursing homes are filled with people in vegetative states who survived these extreme measures, but who are slowly rotting away. All of these less-than-optimal situations are preventable when you really know you are an infinite and eternal being.

When asked to describe how it feels when aged and chronically ill persons leave their body, the consensus of near-death experiencers is: ‘Imagine your one thousand best days on earth—the most happy, healthy, peaceful and energetic. Now, multiply that feeling by a million and you begin to get a sense of how good it feels to return to the Light.’

Another insight into how wonderful this transition feels comes from Emmanuel, an evolved unseen entity channeled by Pat Rodegast: ‘Imagine you’ve been on your feet all day while wearing a pair of shoes that are too tight. Consider how good it feels to take
those shoes off and put your feet in a tub of warm water. That’s just a fraction of how good it feels to drop your sick and tired body and fly away to the next phase of life.’

Might we want to reconsider current health care practices and laws that allow more choice about when and how to drop your body with dignity?

Evidence Category 2

Near-Death and Out-of-Body Experiences

When I was nine years old, my Uncle Cliff's car collided with a semi. He nearly died from severe multiple injuries and was in the hospital for a long time. When he finally came home, he was pale, thin, missing teeth, and couldn't walk. From his hospital bed in the family living room, he spoke through a wired jaw about what he experienced when he almost died: walking in a meadow of lush green grass, hearing beautiful music, and seeing Jesus; feeling an accelerated awareness with everything being more brilliant and colorful than usual; no longer fearing bodily death; being so peaceful that, except for missing his family, he didn't care if he came back.

Since then, many documented near-death experiences have provided impressive evidence for the continuation of life beyond the grave. Most recently, neurosurgeon Eben Alexander, M.D., has written *Proof of Heaven* and described his near-death experience during a week long coma.

That many of these cases have been validated by respected physicians, university professors, and scientists further points to the authenticity of life after bodily death. The abbreviation for near- death experiences is NDE and those who experience these

states are termed NDErs.

Tens of thousands of NDE cases have demonstrated the persistence of awareness after physical death. Typical stages during a NDE include: feeling being outside of the body, hearing a buzzing

or ringing sound, going through a tunnel, seeing radiant Light, meeting loved ones who changed worlds, encountering your angels and guides, sensing beautiful scenes and colors, hearing angelic music, feeling peaceful and at home, learning lessons, being told it's not one's time to stay in nonsensate realms, and a rapid journey back into the successfully resuscitated body.

Although NDEs were first described thousands of years ago, more people are now successfully brought back from the brink of irreversible death because of advances in medical resuscitative capabilities. These NDErs were *clinically dead*, that is, have cessation of their heart, lung, or brain functions. During that time, a significant percentage of them have fascinating and life-changing experiences.

Clinical reports of near-death experiences first came to my attention in the 1970s when I was working as a respiratory therapist and attending theology school. While the topic of NDEs was sometimes met with skepticism by health care professionals, my earlier experience with Uncle Cliff helped me keep an open mind. I interviewed a number of patients who were successfully resuscitated and asked them: "Do you remember anything during your time while unconscious?" Several excitedly told me about beatific experiences with classic NDE traits.

Validated research on almost ten thousand NDErs constitutes the most impressive evidence for life after bodily death. I will categorize NDE information into the following sections: historical continuity, verifiable cases, pediatric validation cases, life previews, empathetic NDEs, blind persons and NDEs, and transformative aspects. In addition, I will briefly mentioned out-of-body experiences.

Historical Continuity

NDEs have been reported quite similarly and independently across time in various cultures. They were first reported thousands of years ago, as described in The Tibetan B*ook of the Dead, The Egyptian Book of the Dead,* and *The Aztec Song of the Dead*.
These descriptions were lost or little known for centuries, yet score remarkably high on modern NDE measures such as the Near-Death Experience Validity Scale by Ken Ring, Ph.D.

Ancient

reports of what souls encounter after death also mirror those during transcendent experiences with consciousness altering substances.

In *The Light Beyond*, Dr. Raymond Moody stated that there have been cases of NDEs far back in history, dating to references by
Greek philosopher Plato in 347 B.C. Pope Gregory the Great's sixth- century Dialogues are a set of deathbed visions, ghost stories and near-death accounts providing evidence of the soul's immortality.
Dr. Carol Zaleski, author of *Otherworld Journeys*, said the literature of the Middle Ages is filled with such accounts. (1)

A massive amount of NDE literature exists, thanks to Moody, Ring, Greyson, Morse, Grof, Sabom, Grosso, Ritchie, Lundahl, Osis, Haraldsson, Wade, Tart, Atwater, Cooper, Becker and others. Current studies of diverse age groups in other cultures show the same patterns or universality of reports.

Verifiable Cases

NDE cases with verifiable aspects strongly point to the existence of awareness surviving physical death. *In Lessons from the*
Light, Ken Ring, Ph.D., said that many people "… tell of leaving their bodies for a moment and having a panoramic and detailed perception of the environment around their body. Suppose, then, these descriptions could be checked independently and verified. If one could show that these patients could not possibly have seen what they did naturally or acquired this information by other means, we would have some fairly impressive evidence to support the objectivity of NDEs."

After much research, Dr. Ring concluded, "We now have good evidence, and from multiple sources, that the NDE is indeed an experience that has its own objective character and is, in a phrase, 'on the level.' (After considering evidentiary cases) I hope you will be reassured that the doubts about the validity of the NDE can be safely dispatched on purely scientific grounds." (2)

In *Messages from the Masters,* Brian Weiss, M.D., described a number of NDEs with verifiable aspects. One woman suffered massive head trauma from a severe auto accident and was very

near death. As the doctor spoke with the family about the inevitably fatal outcome, the patient floated out of her body. She found her family even though they were far from where the medical team

was working on her. Upon overhearing the conversation, she tried to communicate to them that she wasn't really dead. After her recovery, she accurately repeated the conversation between the surgeon and her family.

Another patient awoke in a very agitated state after major surgery. During the procedure, she floated above her body when her blood pressure and heart rhythm became abnormal. From this vantage point, she could see the surgeons and read the anesthesiologist's notes in her chart. Upon awakening in the recovery room, she was still panicked because of these complications. She correctly told Dr. Weiss what had been written on her chart even though she had been unconscious. Because of the positioning of her body to the doctor, she couldn't have seen the notes even if she had been awake.

Dr. Weiss concluded, "I have heard these and other stories of clinical accounts of patients with near-death and out-of-body experiences from so many physicians that I cannot explain them away on medical or physiological grounds." (3)

There are so many validated NDE cases that they are collectively known as *tennis shoe stories*. In *Closer To The Light*, Melvin Morse, M.D., and Paul Perry described the story of psychologist Kim Clark who was counseling a patient named Maria after she had a cardiac arrest. They stated, "The woman wasn't interested in what Clark had to say. Instead, she wanted to talk about how she had floated around the hospital while doctors struggled to start her heart.

To prove that she had left her body, the woman insisted that there was a shoe on the ledge outside Clark's window. Morse and Perry continued, "Clark opened the window, but could see no shoe. 'It's out there,' the woman insisted. Clark leaned out, but still could not see the shoe. 'It's around the corner,' said the woman. Courageously, Clark crawled onto the ledge of her fifth-floor window and around the corner. There sat a shoe, just as Maria had described." (4)

NDE research is also full of accounts of survivors who, while clinically dead, encountered relatives who had passed on but were unknown to the subject during life. Later, positive identification was confirmed by photographic or anecdotal evidence. In addition, many patients develop extrasensory abilities during and after the NDE.

Another verifying aspect of NDEs involves so-called

surprise meetings with people the survivor didn't know had died. For

example, one woman was very ill at the same time that her sister was near death on a different floor of the same hospital. During her NDE, the woman watched from above the resuscitative efforts on her body. To her surprise, she met her sister and they enjoyed a great conversation until the sister began moving away from her.

The woman stated, “I tried to go with her, but she kept telling me to stay where I was. ‘It’s not your time,’ she said… Then she just began to recede off into the distance through a tunnel while I was left there alone. When I awoke, I told the doctor that my sister had died . He denied it, but at my insistence, he had a nurse check on it. She had in fact died , just as I knew she did.” (5)

In *Transformed By The Light*, Morse and Perry relate a similar case of a woman who was bleeding profusely after delivering a baby. As medical personnel worked on her, she could see them from a vantage point above and her intense pain suddenly disappeared. She went through a tunnel toward bright light but before she reached the end, “A gentle voice told me I had to go back. Then I met a dear friend, a neighbor from a town that we had left. He also told me to go back. I hit the hospital bed with an electrifying jerk and the pain was back. I was being rushed into an operating theater for surgery to stop the bleeding. It was three weeks later that my husband decided I was well enough to be told that my dear friend in that other town had died in an accident on the day my daughter was born.” (6)

Pediatric Validation Cases

Young children, who describe the sequence of events during NDEs just as adults do, provide an impressive category of evidence. The literature is rich with verifiable accounts of pediatric NDEs that include many complex details about resuscitative procedures that are incomprehensible to young children. Children have not been exposed to religious or cultural views about what happens after death. They aptly describe death as a vacation and something the will return from.

I will share just two examples of pediatric NDE cases as described in *Closer to the Light* by Melvin Morse, M.D., and Paul Perry. The first involved an eight-year-old boy who fell from a bridge and hit his head on a rock in the water. After floating face down for at least five minutes, he was pulled from the water by a

policeman. The boy

had stopped breathing and didn't have a pulse; after performing CPR for thirty minutes, the policeman declared him dead.

Even so, a helicopter emergency team started resuscitation and rushed him to the hospital. The boy didn't regain consciousness until two days later when he accurately described his rescue and resuscitation in great detail. He knew all of this, he said, because he had been watching the whole time from outside his body.

The second case involved a NDE *at age nine months.* Mark, the patient, told his parents about this experience at age three.
His parents had never told him about his cardiac arrest and most children don't remember events at that age. However, "…following a Christmas pageant, he said that God didn't look like the man in the play they had just seen. When his father asked him what he meant, Mark told him what had happened during that frantic night two years earlier: 'I saw nurses and doctors standing over me trying to wake me up. I flew out of the room and (went to the waiting room, where I) saw Grandpa and Grandma crying and holding each other. I think they thought I was going to die. He then reported seeing a long, dark tunnel and crawling up it."

The bright light at the end of the tunnel kept him going and he found a bright place where he ran through the fields with God. "He was very animated when he described this run with God. He said that one 'can double jump in heaven'… God then asked if he wanted to go 'back home.' Mark said 'no,' but God told him he
would come back again some other day." Mark vividly remembered his experience until age five and, at the time Morse wrote the book, was a well-adjusted teenager. (7)

Life Previews

NDEs occasionally provide **glimpses into the future** as well.

These so-called life preview experiences provide another validation aspect since, in a number of cases, the events foreseen did come true.

Moody described a personal encounter with a woman who had a life preview during her NDE in 1971. In 1975, several months before the publication of *Life After Life*, Moody's

children were

trick-or-treating at Halloween. A friendly couple asked the children's names; when the oldest said, 'Raymond Avery Moody,' the woman looked startled and said to Mrs. Moody, 'I must talk to your husband.'

Moody stated: "When I spoke to this woman later on, she told me about her NDE in 1971. She'd had heart failure and lung collapse during surgery and had been clinically dead for a long time. During this experience, she met a guide who took her through a life review and gave her information about the future. Toward the end of the experience, she was shown a picture of me, given my full name, and told that 'when the time was right,' she would tell me her story. I found this encounter remarkable."(8)

Bruce Greyson, M.D., stated that about one third of those recalling a life review during an NDE had visions of personal future events.

Ring reported several life preview cases in his books *Heading Toward Omega* and *Lessons from the Light,* including the following one: During her NDE, Nel found herself looking at a giant television screen during her life review. She made a conscious decision to return to her physical body, but just then a second TV screen showed her glimpses of what was to come: a prolonged period of pain; family members who would suffer physical pain; a sister-in- law who would pass on prematurely. Ring, who has known Nel for more than fifteen years, is convinced that the events she foresaw during her NDE did indeed take place, just as she was shown. (9)

Empathetic Near-Death Experiences

Another type of near-death experience is the e*mpathetic or shared* NDE. In these cases, loved ones or health care providers of a dying person have other-worldly experiences around the time of death.

Joan Borysenko, Ph.D., relates a beautiful empathetic NDE that occurred at the moment of her mother's passing. Her mother had long been cynical about and critical of Joan's work. Joan and her son Justin were present as her mom passed over. At that moment, the room was filled with light and both realized what Justin verbalized: "I feel like Grandma is holding the door to eternity open to give us

a glimpse. Can you feel it? You must be so grateful to your mother. You know, she was a very great soul. And she embodied to take a role that was much smaller than the wisdom in her soul and she did it as a gift for you so that you'd have something to resist against." (11)

Why are such reports surfacing more now? There is a greater openness to these topics, especially among baby-boomers, whose parents are aging and dying. Hospital visitation policies have changed and more family members are present during as loved ones cross over. As such, they can potentially experience empathetic NDEs.

Sue had a psycho-spiritual session with me and, while in a deep hypnotic state, experienced a healing visit to what she
perceived as another realm. She emailed me the next day with the following message:

> After I left our session Saturday, I felt wonderfully different; there are no words I can use to sufficiently describe it. My mother called me at midnight and told me my grandmother was not doing very well. Grandma and I have always been very close and I've often thought we were soulmates. We stayed with her through the night and called the emergency squad around 4:30 A.M.
>
> At the hospital, I was with her, praying, holding her hand, and encouraging her to follow the Light. At 2 P.M. Sunday, the most beautiful flash of indescribable love and light encompassed and overwhelmed me totally. I literally
> cried out, "Grandma, it is so beautiful!" She took her last breath immediately after that. It was absolutely amazing. I remember having that feeling during our session, only it wasn't as intense.

In *The Last Laugh*, Dr. Moody discusses reports of empathetic NDEs: "Dozens upon dozens of first-rate individuals have related to me that, as a loved one died , they themselves lifted out of their own bodies and accompanied their dying loved ones upward toward a beautiful and loving light. Others have said that, as they sat with their dying loved ones, they perceived deceased relatives coming to greet the one who was passing away… Lots of doctors and nurses have described to me how they perceived patients' spirits leaving their bodies at the point

of death.” (12)

I experienced this last phenomenon many years ago while working in hospitals. I was usually assigned to the emergency room and intensive care units where I assisted during resuscitations.
In those days, dying patients seldom received attention to their emotional and spiritual needs. I spoke directly into their ears, reassured them that everything possible was being done, and encouraged them to trust Creator. On several occasions, I saw a faint white light emanate from the patient's chest region just before the time of death was called. Looking back, perhaps my empathy for those in transition enabled these sixth sense experiences.

Blind Persons and NDEs

NDEs reported by those who are blind constitute particularly impressive evidence for the survival of consciousness beyond physical death. In Books of the Dead, Stan Grof, M.D., discusses, "… reported cases where individuals, who were blind because of medically confirmed organic damage to their optical system, could at the time of clinical death see the environment."

He continued, "Occurrences of this kind, unlike most of the other aspects of near-death phenomena, can be subjected to objective verification. They thus represent the most convincing proof that what happens in near-death experiences is more than the hallucinatory phantasmagoria of physiologically impaired brains." (13)

As amazing as verifiable NDEs are, they are even more astonishing when the subjects are blind. In the foreword of *Mindsight* by Ken Ring, Ph.D., and Sharon Cooper, Ph.D., researcher Charles T. Tart, Ph.D., stated, "The authors of this book have practiced essential science, real science. They have looked at the facts about NDEs, particularly NDEs among the blind, and provided us with extremely stimulating and thought-provoking material that we must take into account in coming to terms with reality… these facts argue strongly that there is some very real sense in which we are 'spiritual' beings, not just material beings." (14)

Ring and Cooper provide an example of a validation NDE in a blind person. Irreversibly blinded earlier in the day after a

surgical accident, Nancy later went into respiratory arrest and was unconscious. As the hospital staff wheeled her down the hall, her

gurney hit the elevator. At that moment, Nancy described stepping out of herself and watching the events around her. She looked down the hall about twenty feet and saw two men standing there, her son's father and her boyfriend. Then she looked down at her body still laying on the gurney.

She saw the IV, black ambu bag covering her face, the surgical head cover on her, white sheets, and three staff people on her left and right. At that point, Nancy said, "And then the classic white light, bright, the most beautiful light, soothing, comforting just washing over (me)."

Afterward, interviews with her boyfriend and ex-husband corroborated the details outside the elevator. The positions of the ambu bag and staff members would have blocked her from seeing the two men and other details. Of this, Ring and Cooper state, "Thus, we conclude that in all probability there was no possibility for Nancy to see what she did with her physical eyes… Yet, she did see, and, as the corroborative testimony we have provided shows, she apparently saw truly…There is no question that NDEs in the blind do occur and, furthermore, that they take the same general form and are comprised of the very same elements that define the NDEs of sighted individuals." (15)

In my radio interview with Dr. Ring, he added that a panel of vision specialists was not able to come up with medical explanations that could explain these findings. This research, he stated, makes a very strong supportive argument for the beliefs of many people about the continuation of consciousness beyond physical death.

Transformative Aspects

A common and enduring aspect of NDEs is the accompanying transformative effect. NDErs have such a strong belief in immortality that any fear of death is nearly or completely extinguished. Survivors of NDEs typically reorder their life priorities and often change to more meaningful jobs involving service to others. They also view their bodies as vehicles for their real selves and take better care of themselves.

My friend Ed Sarno, Ph.D., had an NDE after open heart surgery. At bedtime on his first day home from the hospital, his dimly lit

room filled with bright light and he felt more energetic, joyful, and peaceful than he ever had in his life. He was given the choice to cross over or remain on earth. He decided to stay. As soon as he made this choice, the light subsided and he was back in a painful post-operative state. But, he said, his life is now radically different. He knows—without a doubt—that he can't lose: if he lives to one hundred years of age, that's great; if he dies today, he gets to resume the wonderful journey he glimpsed.

A deep faith and internalized belief about a Higher Power and never-ending life are common after NDEs. These dramatic lessons impart a lasting hope and assurance of things not seen but nevertheless vitally real. Said Nancy Bush, past-president of the International Association for Near-death Studies, "Most near-death survivors say they don't think there is a God. They know."

A *U.S. News & World Report* article stated, "No matter what the nature of the (near-death) experience, it alters some lives. Alcoholics find themselves unable to imbibe. Hardened criminals opt for a life of helping others. Atheists embrace the existence of a deity, while dogmatic members of a particular religion report feeling welcome in any church or temple or mosque." Further, those who had undergone NDEs became more altruistic, less materialistic, and more loving. Having stared eternity in the face, people returning from NDEs often lose their taste for ego-boosting achievement. (16)

Such positive transformations also occur in children. Studies that track pediatric NDErs show that they are happier, have less drug use, enjoy better relationships, and in general are more hopeful than those around them. Their glimpse of the Light and life beyond apparently affects them for the better throughout their lives.

Interestingly, even when there is orthodox religious training to the contrary, NDErs do not describe death as an entrance into either a fiery hell or golden streets. Instead, they commonly describe dying as a transition, an entry into a higher state of consciousness. Other comparisons are to a reunion, homecoming, awakening, graduating, or escaping from jail. They don't view Creator as a punishing, judgmental despot but, rather, a totally fair and loving Presence that works with everyone no matter how sinful or awful their

deeds while on earth. As many NDErs have stated, you are one with the One and part of Source.

Radical changes for the better happen to nonbelievers in a Higher Power and the hereafter just as frequently as to believers. After an NDE, most everyone becomes more spiritually oriented. They have learned that an emphasis on loving compassion —not doctrines
and denominations—is most important and that the Light is all-encompassing.

NDEs usually engender more enlightened theological views. Having glimpsed the Light firsthand, these near-death survivors know that Creator *completely and always* forgives and understands. They have experienced an almost unbearable degree of love and acceptance and know that the Infinite is not vengeful and
unreasonable. Most NDErs no longer fear eternal punishment in a fiery eternal hell, nor believe any such place exists.

Moody stated, “One NDEer I spoke to had been a minister of the fire and brimstone variety. It wasn’t infrequent, he said, for him to tell his congregation that if they didn’t believe the Bible in a certain way, they would be condemned to burn eternally. When he went through his NDE, he said the being of light told him not
to speak to his congregation like this anymore. But it was done in a nondemanding way. The being just implied that what he was doing was making the lives of his congregation miserable. When this preacher returned to the pulpit, he did so with a message of love, not fear.” (17)

NDErs are usually affirmative on the question of *universal salvation*, that is, a never-ending opportunity for a heavenly existence for all. Some people question whether Source Energy embraces everyone, especially those committing morally reprehensible acts like rape, murder, and molestation. Dr. Ring stated that the answer by NDErs is unqualified: everyone gets to enter the Light. This runs counter to some teachings and some question, “Even Hitler?”

Of this, Ring stated, “I remember an answer that was given to this query by an NDEr friend of mine who, as a child, had suffered severe sexual and physical abuse from her father. When she found herself in the Light, she asked it telepathically, ‘Does everyone come here?’ She was told ‘Yes.’ Then, she herself asked the very question that represents the limit for most people: ‘Even Hitler?’ ‘Yes.’ And, then, pushing the Light even further, she found herself asking, ‘Even my father?’ Again,

‘Yes.’” (17)

Out-of-Body Experiences

The term out-of-body experience (OBE) usually refers to a person's awareness leaving the body without being clinically dead. OBEs sometimes happen spontaneously during meditative stated; the phenomenon of astral travel is one example of an OBE. Intense experiences, for example, childbirth or being in imminent danger, can also trigger OBEs. In the past, people often kept such occurrences to themselves for fear of being considered crazy. As such, the frequency of OBEs is likely much greater than has been reported.

A ten-year-old girl who attended one of my workshops with her mother described an OBE she had at age two. Her mom left her with a babysitter for the first time ever and gave clear instructions to attend to the baby if she cried. The babysitter, however, had his
own ideas about child rearing and ignored the infant when she cried. Receiving no comfort from her mother for the first time, the little one cried and cried until she experienced a strange event.

Even though she couldn't see out of the window from her crib, she could see another version of herself on the sidewalk below. This *other self* reassured her and told her it would be OK. The infant's OBE continued as her awareness floated out into the living room and saw the babysitter there. She remembers the clothing she had on and the appearance of the sitter. Her mother verified the facts as told by this youngster who seemed wise beyond her years.

An OBE verified by physical evidence occurred with Robert Monroe who wrote *Journeys Out of The Body*. Monroe discovered his ability to travel out of his physical body and wanted to non- physically visit a co-worker who was vacationing in another state. As told by attorney Sidney Freeman in *Life After Death:*

He wanted her to remember the visit so he said he was going to pinch her. "Oh, you don't need to do that, I'll remember," she replied mentally. Nevertheless, he pinched her in the side, just above the hips. He tried to do it gently. She screamed with pain.
That Tuesday they were both back at work. Did she remember the visit, he asked. "No," she said.

Did she remember the pinch? "Was that you?" she replied. "I

was sitting there, talking to the girls when all of a sudden I felt this terrible pinch. I must have jumped a foot. I thought my brother-
in-law had come back and sneaked up behind me. I turned around

but there was no one there. I never had any idea it was you!" They went into his private office. She lifted her sweater slightly above her skirt. There were two brown and blue marks at exactly the spot where he had pinched her. He apologized for hurting her. He
thought he had done it gently and said he wouldn't do it again. This remarkable incident showed a physical effect from an out-of-body visit. (18)

In 1974, I experienced a profound OBE during meditation while lying on the grass on a warm spring day. After about twenty minutes, I felt as if my body was becoming part of the earth. I couldn't feel my arms or legs and felt like my consciousness was several miles up in the sky. At that moment, my fear of death and change decreased dramatically. I felt totally assured that there is a greater reality that renders physical change relatively meaningless. Over forty years later, the memory of that experience is still clear and inspiring.

Conclusions and Action Steps

The existing NDE research successfully refutes skeptics who claim that NDEs can be explained solely by physiological changes such as lack of oxygen. Likewise, various aspects of NDEs, such as verified vision by blind persons, cannot be satisfactorily explained by psychological dynamics. The evidence in this section is very difficult to explain unless there is indeed an ongoing transcendent component to the human experience.

Suggested action steps include:

- ∞ Read and study further about this topic.
- ∞ Ask your family, friends, and coworkers if they or anyone they know have had a NDE.
- ∞ If possible, talk to someone who has undergone a NDE.
- ∞ Reflect about how this information affects your belief in continu- ing planes of reality.

2

Benefit

Greater trust about all the rhythms of life, even those involving suffering and tragedy

Illness, disability, broken relationships, financial loss, unhappy or nonexistent jobs, unfulfilled dreams, cruelty, and injustice. At times, they are part and parcel of life. And that doesn't include your own death or that of your family and friends already discussed. Nor does it include life's inevitable changes like aging and others that I'll discuss later.

When my younger daughter graduated from high school, one after another of the smiling students received their diplomas, exuberant about finishing their lessons.

I knew the inside story of some of these students. There was Melinda, whose mother crossed over a few years before after a rare infection. Chad, whose father recently passed on after a heart
attack. Megan, just out of the hospital after exploratory surgery and a possible battle with cancer ahead.

There was Brandi, whose parents divorced when she was little, and Ruth, whose parents were waiting until the graduation parties were over to separate. Tom was adopted and never knew his biological parents.

Amy, who was wheelchair bound because of spina bifida,

had to be pushed across the rough ground at this outdoor graduation. During the ceremony, she glanced down at her pale shriveled legs several times and covered them with her gown—maybe to shield them from the sun, maybe out of self-consciousness.

Welcome to life on planet earth. So difficult, bittersweet and scary at times. So rich and wonderful at others. So full of
opportunities for growth and service, especially when confronted with challenges and suffering.

I discuss life's challenges in an attempt to help those who are suffering to see past the pain. Difficulties can definitely become

blessings for those who look for the silver linings. As the saying goes, “When one door closes, another opens—but it can be hell in the hallway for a while!” Growth through adversity is not easy, but it’s possible. To enjoy optimal lives, remember that *change does not equal loss.*

Over the past forty-five years of serving many thousands of people in hospitals, mental health centers, and holistic private practice, I’ve seen an immense amount of hardship. I and many others understandably ask: “Why is there so much suffering?”

Here are a few general comments on this big question.

In answer to the question about why there is so much suffering in life, the Buddha is reported to have answered, “It’s none of your business.” Chew on that one for a while and don’t forget to bring your sense of humor.

His comment addresses the fact that life is full of mystery and a spiritually awakening person wouldn’t have it any other way.

Struggling with the unknown is part of what draws spirits to this physical dimension. You can grow the most quickly and profoundly when your life isn’t working, when you’re at rock bottom, and when the crap hits the fan. That’s when you ask important questions and search for sensible answers.

Also, realize that time isn’t absolutely real and is largely a human construct. Your life on earth, long as it might seem, is only a blink of an eye in the span of eternity. So remember that your suffering is only for a very short while.

Next, recall that you are an indestructible being of energy. Your real self can’t die. Yes, I know it doesn’t appear that way from a human perspective, but consider that the sun seems to disappear when it sets. Your energy body, personality, memories – everything about you except for your physical shell – continues on after bodily death just as surely as the sun will rise tomorrow.

Finally, consider the possibility that you—as a soul—chose life’s biggest challenges as a way to increasingly grow and serve others more fully. Much evidence suggests this is so. As such, why not embrace *all of life’s experiences*—not just the easy or fun ones— with faith, courage and style?

Difficult as it may seem from a purely earthly perspective, it appears that our infinite selves sometimes volunteer to possibly experience difficult events. Adventurous souls welcome challenging opportunities since they clearly know from their greater reality perspective that tough times can build spiritual muscles. To
learn more about this important topic, read article #25: *Pre-Birth Planning.* Audio product *Pre-Birth Planning* is for use at home; available under Shop at SoulProof.com.

Here's one way to look at it. Would you hang by your thumbs for a minute if that saved the life of a child? How about ten minutes to save ten children? An hour to save sixty? Nearly everyone answers 'yes' to each of these questions. It's easy to see how your temporary suffering would be well worth the benefits.

Well, my friends, the growth and blessings – even if you can't fathom them now – created by your suffering can be beyond your greatest imagination. And that is precisely my highest recommendation to you whether you are suffering greatly or not: focus on serving others and become the very best version of you that you can. Those two goals will create a life of peace, joy, and fulfillment no matter how difficult your life is.

However, there are more peaceful and pleasant ways to learn than through suffering. You do not necessarily have to suffer to learn important lessons. When your predominate energies are love, peace, joy, gratitude, and enthusiasm, you can attract more of the same into each aspect of your life.

Being more accepting and peaceful about the difficult events in life allows us to better learn the accompanying lessons. Yes, by all means, set goals and have dreams. But when unexpected outcomes occur, be flexible and trusting enough to roll with the punches and keep your eyes open for the hidden blessings.

Life is exquisitely designed to deliver just what you need for optimal loving, growth and service, not what our egos want. This wisdom is reflected in the prayer, *Thy will, not mine, oh Lord*. A person awakening to life's bigger picture acknowledges that there is always a greater wisdom and meaning operative in the universe – even in the midst of tragedy.

I know it's easier said than done, but it can be done. You're not alone. A magnificent Love, Power, and Intelligence literally guides and assists you throughout eternity. One suggestion is to

daily pray

for clarity, peace and courage. Then sit quietly for fifteen minutes, breathe slowly and deeply, and listen with your heart. Over time, you'll likely find the answers you seek.

May this evidence enlighten and lighten today and every day as you sojourn through eternity knowing who you are: a forever being having a variety of experiences – some fun, some not so fun – but all important. May you always deeply know that someday, just like nine-month-old Mark who nearly died, you can run through the fields with God and even double jump!

Evidence Category 3

Miraculous and Revelatory Experiences

A police officer was directing traffic and had just signaled oncoming cars to stop. He kept his hand up and glanced away for a moment. When he looked back, a large car was still coming very fast and screeching its brakes. With the car now only feet away from him, he realized it wouldn't be able to stop in time and he murmured, "God help me!" The next thing he knew, he was getting up off the sidewalk several lanes of traffic away. Yet he received no injuries, or bruises at all, and no one saw him fly through the air or land.

It was just an immediate change of location.

The man who experienced this miracle told my workshop group: "Before this happened, I really didn't believe in God and all that stuff. I don't know exactly what happened that day, but I've been a firm believer ever since."

Miraculous stories engender feelings of peace and faith—a remembrance that, despite outward appearances to the contrary, everything will make sense some day. They usually cannot be objectively measured but can reassure you about receiving help from unseen sources.

When you expand your senses a bit and stay focused, you realize firsthand just how many miracles abound. For example, consider the emergence of a mighty oak from an acorn, a fully formed baby nine months after two cells join, and nature's spring renewal. Every

aspect of life is unbelievably miraculous, but that's not enough for some doubting Thomas's. So, periodically, really impressive
miracles happen that invoke reverence about the magnificence of all creation.

Saint Augustine said, "Miracles do not happen in contradiction to nature, but only in contradiction to that which is known to us of nature." This view is echoed by scientist and former astronaut Dr. Edgar Mitchell who stated, "There are no unnatural or supernatural phenomena, only very large gaps in our knowledge of what is natural. We should strive to fill those gaps of ignorance."

Throughout my life, I have been blessed with miracles and revelatory experiences. At age five, my parents showed me a beautiful sunset and I told them it reminded me of God. They didn't share this with me until I attended theology school twenty years later. My parents knew of no teaching at home or church that would cause me to associate the Ground of All Being with a spectacular sunset. Perhaps I retained memories from pre-earthly realms.

At age twelve, I was sitting by myself reading the obituary of a prominent man who had just died . As I looked up, light refracted through our beveled glass windows and I went into a deep reverie. A calm loving voice or thought said, "You too will die some day, Mark. What will you do with your life in the meantime? Will you leave this world a better place or will you just take up space?" These and other experiences motivated me to study soul and afterlife issues.

Open-minded skepticism is healthy, but excessive doubt can block appreciation of nonordinary experiences. Some people encounter miracles, at least minor ones, but doubt their senses and dismiss them as aberrations of perception. A new awareness of different time-space orientations may initially seem imaginative and may seem surreal as time passes.

Other people may discount personal miracles that are more subtle and fleeting than expected. I believe people would be more aware
of life's miracles if we prayed for and were open to them. Your revelatory experiences will likely increase as you regularly pray, meditate, study spirituality, commune with nature, and

serve others.

Angel Encounters

Angel encounters are fairly common miracles that indicate there is more to life than just this physical dimension. Numerous authors, poets, artists and visionaries have reported angelic visitations. Many books and documentaries have described angelic experiences by people from all walks of life. As with NDEs, the greatest proof is the sheer number of such encounters, especially those with validation components.

One story involving young Marilyn MacDonald was told by Sophy Burnham in *A Book of Angels*. After being dropped off at school by her parents, "Marilyn had darted in front of a car and been hit and tossed high in the air. Her parents watched helplessly as she hit the pavement and rolled over and over toward a large, uncovered, open sewer. But instead of falling in, as expected, she suddenly stopped, right at the lip of the sewer. The parents told this story to the doctor, and they all shook their heads in amazement.

How could the child have stopped so suddenly, at the very edge of the sewer, when she had been rolling so fast? In a voice filled with surprise, Marilyn spoke up from the sofa and said, 'But didn't you see that huge, beautiful angel standing in the sewer, holding up her hands to keep me from rolling in?'" (1)

Such interventions are described in scriptures of all religions.

The Jewish Kabbalah said there are 49 million angels. The Koran speaks of angels wafting down by the grace of their Lord. In the Bible, Psalms 91, referring to Source, stated: "He shall give His angels charge over thee, to keep thee in all thy ways. They shall bear thee up in their hands, lest thou dash thy foot against a stone."

Or, apparently, a storm sewer.

Angels are part of Christianity, Judaism, Islam, Buddhism, Taoism, Hinduism, and Zoroastrianism. Ancient Assyrian, Mesopotamian, Viking, and Greek cultures recognized angels as have, in some form or another, all cultures throughout the world. Dante, Milton, Goethe, Swedenborg, and Steiner had angel visions. Varying personages as George Washington, Carl Jung, and Johnny Cash have reported seeing angels.

Accounts of angel visitations often include comforting messages that your true essence does not die, and you will see our loved ones again after physical death. Such reassurances

remind you how much

you are beloved by and watched over by Creator and Higher Energy Assistance.

Many dying children have seen angels. Burnham reports one little boy near death who comforted his mother by saying, “Don’t cry.
Do you see my angel out the window? She’s telling me I am going fishing.” Now why and how would a child in that condition make that up?

A wealth of evidence indicates that you are always ministered to by angels, especially during tragedies. Some people don’t believe in angelic assistance because the obvious question inevitably arises, “If angels assist some people, why don’t they help everyone in distress?” My understanding regarding this excellent question includes:

- *Angels do not impose their will on others. If people insist on making poor decisions, that’s their choice.*
- *We first need to ask for assistance, and then realize it may not always arrive how, when, and where we expect it.*
- *We will never know how often we are helped. Assistance may be undetectable and preventive.*
- *Souls may have chosen significant challenges to assist growth and angels wouldn’t interfere with this plan.*
- *This planet is designed to be a place of intense learning. If angels intervened and stopped all suffering, the lessons would be negated.*

I believe that I experienced the grace and beauty of an angel’s visit in 1994 as I was completing my first book. While writing early one morning, I was looking for a *Biblical* quote and couldn’t find *Concordance references*. I suddenly felt ecstatic for no apparent reason and heard a slight rustling.

Through my peripheral vision, I saw a white gauzy form like the fine lacework of a wedding dress but, as I turned to see it more clearly, it was gone. I felt energized and interpreted this as a sign that my work was in alignment with Divine will and my soul’s missions. Immediately afterward, I opened the *Bible* to the exact page I needed. My eyes went directly to the verses I sought: Hebrews 2:6 - 7, “What is man, that thou art mindful of him?… Thou made him a little lower than the angels… ”

Angels: The Mysterious Messengers by Rex Hauck interviews leading thinkers and leaders on the subject. Interspersed throughout are documented stories of angel encounters.

A documentary by the same name was hosted by Patty Duke and produced by American Artists Film Corporation. This film examines the history of angels in ancient and modern times and shares nine real life stories of people whose lives were touched by angels.

My dad experienced what he considered to be angelic visits after his heart by-pass surgery in 2001. On several occasions, he became very cold, but was so sore and tired that pulling up the blankets was difficult. He asked Creator to help him and saw lights moving around like they were ministering to him. One time, he felt that they shook heat onto him as if from a salt shaker. He immediately felt warmed to the bone by what he described as a source warmer than gas, wood, or coal heat. On another occasion, he felt the covers pulled up around him and tucked in around his body.

Miraculous Events

Teachings of the Far East Masters by Baird T. Spaulding described many miracles that have been reported in Eastern cultures for centuries. In the late 19th century, Spaulding and a team of scientists observed and later learned how to walk on water, pass through walls, and be in more than one place at a time. They observed yogis whose consciousness left their bodies for so long that they appeared dead and had mold and bugs on them. However, when their awareness returned to the body, they got up and brushed themselves off as if nothing special had happened. (2)

John Wells was tearing down an old three-story barn and kneeling sixty feet from the exit when he noticed particles of hay falling.
He stood up just as the level above him, containing tons of hay and huge timbers, suddenly collapsed. His wife ran toward the barn, expecting to find John crushed to death. Instead, he was standing unscathed by a pond far from the barn. “It’s a miracle” said John, “that I traveled hundreds of feet to safety in the time it took many tons to fall ten feet. I was saved by the speed and power of love.” (3)

Bernie Siegel, M.D., shared a series of minor miracles that, again, are just expanded glimpses of the greater reality. During a guided visualization to meet one's guides, he expected to see someone like Jesus or Moses. Instead, he met George—a bearded, long-haired man in a unique skullcap and robe. Some time later, he was giving a lecture but felt as if someone else were giving the talk. Afterward, a woman from the audience said she was a medium and drew a figure she saw superimposed over Siegel. It was George. The noted psychic Olga Worrell also described George in great detail, including his robe and old Jewish prayer cap. (4)

The book *A Promise Is a Promise* by Wayne Dyer, Ed.D. tells the miraculous story of Kaye O'Bara who has cared for her comatose daughter Edwarda for over thirty years. Mother Mary has appeared to Kaye and others many times. Dyer stated, "The most amazing part of this story concerns the effect that Edwarda has on those who have visited her. Some claim to have experienced miraculous healings, and everyone feels the unconditional love Edwarda radiates from her immobile body." For example, Anne from Venezuela had terminal brain cancer; while visiting the O'Baras, Anne prayed with Edwarda's hand on her head. Months later, medical tests showed no trace of the cancer. (5)

In 1974, I awakened in the middle of the night and saw a vision on the ceiling. A huge golden central orb had many tiny dots connected to it by golden threads. As I wondered what it all meant, a wise voice or thought said: "This is how life is. The central sphere represents God."

"The infinite numbers of golden dots are like the many souls in the universe. Some of them realize they are one with the One and thus are in or on the central sphere. Some are very close but don't fully realize their inseparability from All That Is. Others believe they are quite distant from the Source. Of those, some paths are straight and simple while others appear tortuous and complicated."

The teaching concluded, "The good news is that, viewed from a sufficiently enlightened perspective, the entire assemblage is seen as One. A perimeter can be drawn around even the most distant dots, revealing the unitive nature of all life as love and light."
This miraculous vision reminded me of my higher self and led to a greater exploration of meditation, yoga, and other

centering practices.

The Cokeville Miracle is described in the book Divine Interventions by Dan Millman and Doug Childers. This true story occurred in 1986 in the little town of Cokeville, Wyoming. A white supremacist turned terrorist and his wife took 150 elementary school children and several teachers hostage. Armed with a shopping cart full of gasoline bombs, rifles, and handguns, they demanded ransom although his diary revealed plans to blow up the hostages, himself, and his wife after receiving the money. Several hours into the siege, the bomb trigger was detonated apparently
by accident and a cataclysmic explosion followed. Just after the explosion, the terrorist killed his wife, wounded a teacher, and then killed himself.

As described by Millman and Childers, “According to eyewitnesses in front of the school, bright orange fire engulfed the classroom. The whole town, by then gathered outside, watched in horror as black smoke poured out of the windows. As they rushed toward the classroom, now a burned-out shell, the ammunition stockpiled in the bottom of the cart went off in the blast, and bullets streaked through the room.”

Despite all this, only one child was hit by a stray bullet, thirty- two people received second-degree burns, and no one was killed. The authors stated, “But the miracle that happened wasn’t fully revealed until later when children separately began to describe to their parents, rescue workers, and police ‘beings of light’ who had come ‘down through the ceiling.’”

These beings warned the children about the bombs and told them where to safely stand. Some children described these beings as angels. Others later identified them from photos of grandparents who had physically died decades before. (6)

Millman and Childers also describe numerous other miracles such as sightings near Cairo, Egypt of the Lady of Light. This vision, believed to be Mary, mother of Jesus, has been seen by hundreds of thousands of persons. Numerous clear photographs of this moving, glowing figure exist with detailed testimonials by news reporters, church officials, and people of different faiths.

Another human form within a luminous cloud was seen by tens of thousands in Fatima, Portugal from 1915 to 1917. This vision, also believed to be a visitation by Mother Mary, was accompanied by a dazzling array of moving colored lights in the sky that were

witnessed from miles around. The multitudes saw, falling from the sky, shiny petals that soon melted away. They also smelled sweet fragrances while many received—and still do—miraculous healings of various injuries and illnesses.

The evening before I finished my first book *Balanced Living*, I experienced a profound peace. It felt as though I was finally starting to fulfill my highest missions after many years of praying, searching and working. I had originally planned to become a medical doctor (M.D.) but a series of events guided me to become a doctor of chiropractic (D.C.) That evening, I deeply felt that events had worked out for the best.

Early the next morning, I started to complete the last few hours of work on the manuscript. Just as I had done many times, I turned on the computer and monitor that usually showed a black screen followed by computer codes and prompts. That morning, however, the monitor *immediately* showed a vivid display of royal gold and maroon squares.

These colored squares each contained the same two letters. I rubbed my eyes and pinched myself to make sure I wasn't dreaming. *The letters were DC*. This miracle still inspires me to help people remember who they are and how they can best share their greatest gifts.

Conclusions and Action Steps

There are many more miracle stories out there. If you have been blessed with revelatory experiences, don't deny them for fear of being considered kooky. If you haven't, don't underestimate the potential for miracles in your life. As David Ben-Gurion said, "Any man who does not believe in miracles is not a realist."

Suggested action steps include:

- ∞ Review your life and consider if you have ever experienced a miracle—even a small one.
- ∞ Ask your family and friends if they have ever experienced a revelation or miracle.
- ∞ Read further about this topic.

3

Benefit

A deeper understanding and peace about life's exis- tential questions: Who am I? Where did I come from? Why am I here? Is there a 'God'? What happens when I 'die'?

While sitting at the beach, I saw an elderly man walking alone. He moved slowly and periodically gazed out at the water and sky. I felt moved to talk with him and, after a few minutes of small talk, discovered why.

As his eyes swelled with tears, he told me that his wife of forty- two years had recently died . He was especially struggling with her death because they both had lost faith in their religion many years ago. It began when they asked their minister important questions like: "Why does our church teach that an unbaptized baby might not go to heaven?" and "Why does our church teach that people who get divorced for very good reasons may not go to heaven?"

In each case, the answer was, "That's just what our church believes and you have to accept it on faith." These answers drove them away from the church and their faith. Over the years, he said, they both had come to believe that life ends when you die.

I told him about my book *Soul Proof* and the nine categories of evidence that all people are timeless energetic beings who, by their very nature, automatically inherit eternity. I explained that a vast amount of evidence, some of it objective and documented, strongly indicates that *death is not a goodbye, just a see you later.*

Upon hearing this information, he smiled slightly and his face lightened a bit. “I would love to believe that what you say is true,” he said, “if only I had the proof. I would love to think that I will see her again, that there really is life after death.”

Suddenly his eyes widened and his voice grew stronger. “There was one thing that happened that makes me think maybe I will see her again,” he shared. He explained that his seventy-six year-old

wife had withered away to only ninety pounds after a long battle with cancer. She had lingered in a coma, curled up in the fetal position for weeks, long after doctors expected her to pass.

"Then, just twenty-four hours before she died ," he said, "it happened. Her face became beautiful and radiant like a young woman's. She looked like she was thirty years old again and so very peaceful. Doctors and nurses came to visit from all over the hospital. Everyone who saw her said she looked like an angel.
Maybe that was God's way of letting me know that death is not the final end we thought it was."

As we said goodbye, he thanked me over and over again for telling him about all the evidence and giving him hope. I walked away with tears in my eyes, thankful for hearing yet another miracle that brings light to darkness. Yes, my friend, death is only a 'see you later'—and that makes all the difference.

What about life's biggest questions? I shared lengthier answers in my audio product *Ask the Soul Doctor* available under Shop at SoulProof.com. Here are the short answers:

- *Who am I? A deathless being of energy / spirit / awareness who is having a very temporary human experience.*
- *Where did I come from? Another time-space aspect of the field of all possibilities that is not so different or far away from ours.*
- *Why am I here? For loving service, adventure, growth and enjoyment. SAGE training.*
- *Is there a Higher Power? Yes. We'll discuss the nature of Life Source later*
- *What happens after my body dies? You continue to live in a reality created by the level of consciousness you had when you changed worlds. The quality of that experience can im- prove anytime you do.*

Since all life is miraculous and interconnected, the highest path to heaven / nirvana / peace is to follow the Golden Rule and treat all people with love and respect. Perhaps the evidence of our immortal natures will help more people focus on our essential oneness instead of our relatively minor differences. Humanity is hopefully evolving to the point where

diversity—whether in race,

religion, sexual orientation, ethnicity, gender, age, appearance, etc. —is valued instead of feared.

Greater identification with our timeless natures can shift our priorities so that wealth, power, and material possessions become secondary. Harmony, love, and justice will become more important as more of us remember our interconnectedness.

The elderly man at the beach felt renewed hope when he remembered the sign that there is much more to life than meets the eye. In the same way, understanding the Soul Proof evidence can

lighten your load and brighten your day.

Evidence Category 4

Scientific Evidence

Late into the night, a scientist worked alone in his laboratory.

Suddenly, he heard a voice that explained how to perfect his invention. When the inventor asked the voice to identify itself, he was told it's a spirit visiting from the second millennium. The scientist used the information to successfully complete details on a machine that nearly everyone has benefited from.

Physicist Chester Carlson, inventor of the Xerox machine, received key ideas in his laboratory when he heard voices that explained the principles of making copies. Science magazine reported that Carlson left millions to psychical research in his will because he felt that science should try to reach into the mystery of survival after death. Renowned researcher Ian Stevenson, M.D., is one such beneficiary of Carlson's donations.

In this section, I'll present evidence for our deathless natures from a scientific perspective. Webster's primary definition of science is: "possession of knowledge as distinguished from ignorance or misunderstanding; accumulated and accepted knowledge that has been systematized and formulated with reference to the discovery of general truths." (1) As you will see, diverse scientific evidence strongly supports the existence of a never-ending reality.

The nature of this subject does not easily lend itself to double blind studies although some serious research exists. As such, I will also cite scientific findings and quote numerous scientists.

Categories discussed include: history of scientific investigations, views by eminent scientists, spirit communication technology, input from physical sciences, the nature of reality, the relative reality of time, and humans as beings of energy and consciousness.

History of Scientific Investigations

Since the 19th century many respected scientists have investigated the existence of unseen realities. Societies for psychical research were formed in the U.S., England, and France. Some of the best minds of that era, for example, Drs. William James and Frederick Myers, were involved.

After many years of investigating the validity of communicating with those who had passed on, world renowned scientist Sir Oliver Lodge concluded, “Basing my conclusions on experience, I am absolutely convinced, not only of survival, but of demonstrated survival, demonstrated by occasional interaction with matter in such a way as to produce physical results.”

Prominent physicist and chemist Sir William Crookes invented the Crooke’s tube and radiometer and discovered the element thallium. He and his observers investigated two of England’s greatest mediums using strict scientific controls, and could not expose either one. To the contrary, he found these phenomena to be incredible evidence of life after death and concluded, “Outside our scientific knowledge there exists a Force exercised by intelligence differing from the ordinary intelligence common to mortals.” (2)

Sir Isaac Newton deemed the subject of psychic phenomena worthy of research but was censured by the church and peers. Sigmund Freud was a member of the English and American Societies for Psychical Research and stated, “If I had my life to live over again, I should devote myself to psychical research rather than to psychoanalysis.” Carl Jung also researched and wrote extensively about the paranormal.

J.B. Rhine, professor of psychology at Duke University, primarily focused on ESP research, but before his death in 1980, he called
for “further experimentation to learn about death and

postmortem survival.”

There are numerous published experimental and case studies exploring survival after death. In addition, supporting *empirical evidence*, which is based on direct personal experience, is as strong as that of any topic studied by science. However, spiritually based topics are often held to an unjustly higher standard of proof.

Abuse of power by the established church, for example, condemning eminent scientists like Galileo and Copernicus, contributed to science's avoidance of studying religiously oriented subjects. Science is just now recovering from this overreaction against the influence of the church. Even today, however, some academicians are censored or punished for pursuing interests in topics involving consciousness.

In Natural Grace, respected scientist Rupert Sheldrake, Ph.D., said: "The soul is the animating principle, that which makes living things alive… A lot of the present confusion began in the
philosophy of Rene Descartes in the seventeenth century. Descartes said that the whole of Nature is a machine; it is inanimate. In effect, he withdrew the soul from Nature, from all animals and plants, and from the human body as well. Before that, the soul was believed to permeate the whole body."

Sheldrake said we can go beyond Cartesian dualism by recognizing the existence of fields in magnets, gravity, quantum matter, and biology. Likewise, he concludes, the soul can be understood as a field of energy or consciousness. (3)

In my radio interview with Jeffrey Mishlove, Ph.D., author of *The Roots of Consciousness*, he stated:

> We live in a very unusual age. The modern Western world is almost unique in all of world history in terms of its denial of the spiritual, the paranormal side of life. Ancient myths about the origin of the universe posit that in the beginning was spirit, in the beginning was God, this Oneness. Oneness was conscious and, for a variety of reasons in different myths, desired to create a universe. The sense is that energy, matter, time, and space all evolved out of consciousness.
>
> Today, the conventional scientific view is that consciousness is sort of a product of the brain, but there are some very serious problems with that position. This

view, known technically as epiphenomenalism, is that somehow

> consciousness emerges from something that is not conscious, that is purely physical. It doesn't satisfy anyone, philosophically speaking.
>
> Although this is the popular view among modern academics, it is seriously flawed. We now have leading edge biologists, physicists, and neurophysiologists saying maybe consciousness is something elemental. Maybe it's just as fundamental as space and time or maybe it's even more fundamental. (4)

Views of Eminent Scientists

Dr. Friedbert Karger, German physicist at Munich's Max Planck Institute, extensively studied life after death phenomena and stated: "The consciousness—or soul—of a man lives beyond the body. The body is a tool that consciousness uses. When the body dies, the soul remains… death is not an end but a transition from one state to another." He said that many famous physicists have expressed an interest in the unseen world. (5)

Nobel Prize winner Dr. Max Planck, founder of quantum physics, said: "Spirit is the original basis of all matter, reality, true existence." Dr. Albert Einstein stated, "Everyone who is seriously
involved in the pursuit of science becomes convinced that a Spirit is manifest in the Laws of the Universe."

In an interview with *Scientific American*, Thomas Edison stated, "Therefore, if personality exists after what we call death, it's reasonable to conclude that those who leave this earth would like to communicate with those they have left here… . I do claim that it is possible to construct an apparatus which will be so delicate that if there are personalities in another existence or sphere who wish to get in touch with us… this apparatus will at least give them a better
opportunity." Edison was working on such a machine, but passed on before it was completed. (6)

Edison believed in life beyond death and may have visited the next realm. After momentarily awakening from a coma just before physically dying, he stated: "It is very beautiful over there."

Wilder Penfield, M.D., is widely considered to be the

father of neurosurgery and is responsible for much of our current

understanding of brain function. Like some of his medical colleagues, Penfield thought for many years that there was no consciousness independent of the brain. He believed that all human behavior could be explained on the basis of brain function. After f*ifty years of research*, he changed his mind.

As Penfield said in his last book, *The Mystery of the Mind,* "I came to take seriously, even to believe, that the consciousness of man, the mind, is NOT something to be reduced to brain
mechanism… What a thrill it is, then, to discover that the scientist, too, can legitimately believe in the existence of the spirit! Possibly the scientist and the physician could add something by stepping outside the laboratory and the consulting room to reconsider these strangely gifted human beings about us. Where did the mind—call it the spirit if you like—come from? Who can say? It exists." (7)

The movie "*What the Bleep Do We Know?*" contains numerous quotes by esteemed physicists and physicians who believe that both science and spirituality are necessary to fully understand the magnitude and mystery of life. Visit WhatTheBleep.com for quotes by eminent scientists.

In *Changes of Mind*, New York State University researcher Jenny Wade, Ph.D., stated, "Discoveries in the physical sciences — notably quantum physics, field and chaos theory, and holography— are introducing a new concept of reality more congruent with the Eastern and ancient mystical worldviews. The new paradigm
differs from Newtonianism on the fundamentals, such as time and space, matter and mind, and science and spirituality." Of this new paradigm, Nobel Laureate George Wald, Ph.D., stated the assumption that mind "… has existed always as the matrix, the source and condition of physical reality—that the stuff of which physical reality is composed is mind-stuff." (8)

True science seeks to explain and understand without rejecting the unknown out-of-hand. Said noted psychiatrist Brian Weiss, M.D., "Being analytical is completely compatible with being open- minded… science and spirituality, long considered antithetical,
are coming together. Physicists and psychiatrists are becoming the mystics of the modern time. We are confirming what prior mystics knew intuitively." (9)

In a similar vein, Melvin Morse, M.D., esteemed pediatric NDE researcher and author, adds: “It is scientifically respectable to argue

that consciousness survives death… My research has shown that not only are near-death experiences real, but that by studying the mechanism of the experiences, we learn that all human beings are interconnected with the universe and everything in it that ever was and ever shall be." (10)

Bora Stamenovic, M.D., D.Sc., spent decades as a microphysiologist researching neural synapses. After his beloved wife Rouzita passed on, he reasoned that he might detect her continuing essence. He set up sensitive monitors consisting of tissue paper resting on a stylus in a draft free environment. The papers only moved when he spoke to his wife and responded to specific requests about direction, stopping and starting. While using multiple monitors, some in Plexiglas containers, the papers moved in opposite directions simultaneously. (11)

Willis Harmon, Ph.D., emeritus professor at Stanford, author of *Global Mind Change*, and founder of the Institute of Noetic Sciences stated: "There is a tremendous amount of empirical,
anecdotal, clinical, and traditional evidence suggesting that in some sense the essence of the person survives physical death… death appears less as an extinction than as an awakening to `where one was all along.' At death, the center of awareness shifts from the physical to higher planes (with perhaps a period of confusion and / or sleepy resting in between). We don't go somewhere at death; we are already there. As this new view becomes real in our lives, fear of death disappears. We couldn't non-exist if we wanted to." (12)

Impressive scientific research on evidential mediums (see chapter 5) and spirit communication technology (see following section) has been performed at the Laboratory for Advancements in Consciousness and Health at the University of Arizona by Gary Schwartz, Ph.D. and his team.

Dr. Schwartz, a former professor at Harvard and Yale, has presented more than 450 scientific papers including six papers in the journal *Science*. He has co-edited eleven academic books and authored nine additional books. Schwartz was the founding President of the Academy for Advancement of Post-Materialist Sciences. (AAPSGlobal.com)

Based on his research, Dr. Schwartz now states: "*Speaking as a scientist, I am now 99.9 percent certain that life continues after bodily death.*" That is a very high degree of certainty, but it is based on well run replicated studies and experimental data.

Since his work is discussed more fully in the *Evidence of Cyclical Life Experiences* chapter, I will only briefly mention here the painstaking scientific field research by Ian Stevenson, M.D. Regarding factors that shape who and how we are, he stated: "I do not propose reincarnation as a substitute for present or future knowledge of genetics and environmental influences. I think of it
as a third factor contributing to the formation of human personality and of some physical features and abnormalities. I am, however, convinced that it deserves attention for the additional explanatory value that it has for numerous unsolved problems of psychology and medicine." (13)

Spirit Communication Technology

Technologies are currently being tested that are anticipated to provide spirit communication devices. To date, many proof-of-concept technologies have been evaluated. In *Greater Reality Living* that I co-authored with Dr. Gary Schwartz, he stated: "We hold the firm conviction that one day soon the technologies that result from these discoveries will allow us to communicate with what is now considered to be 'the spirit realm.'"

The Laboratory for Advances in Consciousness and Health at the University of Arizona is progressing toward a working
prototype of what is called the SoulPhone®. Researchers there have demonstrated that detection of those who have physically died is possible in optimally controlled environments with ultra-sensitive technological instruments.

Electromagnetic fields, light, sounds and images of hypothesized collaborating spirits have been captured in proof-of-concept studies. The challenge is to amplify their signals while minimizing background noise and other interfering signals.

Dr. Schwartz stated, "In light of the compelling evidence and rationale for such technologies, the question is no longer, 'Is spirit communication possible?' The question is now, 'What will

it take

to engineer a technology to make spirit communication extremely reliable, practical and affordable?'"

The SoulPhone includes four categories of technologies and devices:

SoulSwitch™ is a binary switch designed to allow 'a spirit' to communicate with humans by signaling Yes - No answers.

SoulKeyboard™ uses a combination of SoulSwitches arranged in the format of a keyboard. Just as with a standard keyboard, each key represents a letter, number or special character and has a corresponding binary switch. When a switch is activated by a non- earthly being, it is equivalent to a key being pressed by a human operator. Results of the key activation are displayed on a screen.

SoulVoice™ is envisioned to allow humans to hear those who have transitioned from earth.

SoulVideo™ will hopefully enable humans to see visual images of those who have crossed over.

The SoulPhone prototype devices are an integrated set of complementary components. The major engineering skills necessary for implementing these components include optical engineering, audio engineering, video engineering, electrical engineering, software engineering and project management. Commercialization to reduce deployment costs for full product rollout will follow completion of the working prototype.

Input from Physical Sciences

Einstein proposed the theory of relativity that energy equals mass multiplied by the speed of light squared. In other words, e*nergy*
and mass are transmutable and interchangeable under certain conditions. Energy and mass do not appear to be static and separate entities but, rather, dynamic and intermingling phenomena that overlap in life.

David Deutsch, Ph.D., a leading theoretical physicist, recently proposed the existence of *parallel universes*. By applying the laws of quantum physics, he argues that you simultaneously live in innumerable parallel existences or states of being. You live not in a single universe, Dr. Deutsch said, but in a vast and rich

multiverse

in which other versions of yourself live out other options you've encountered. Even after your current physical body dies, other copies of you may remain alive in other realities. (14)

Physical sciences show that objects *appearing* to be solid consist primarily of space with a few tiny atoms whirring around at high speeds. For example, if the nucleus of a hydrogen molecule were the size of a marble, its single electron would be ½ mile away. That's a lot of space amidst seeming solidity.

Findings from chemistry and physics also support the *interactive nature* of existence. For example, when you rest your hand on a table, the atoms that make up your hand and the table interchange. As such, you are not as solid or separate as your senses might report.

Dr. Melvin Morse asked leading theoretical physicists about the nature of reality. Their best current understanding is described by the term "non-local reality" in which time and space are
not barriers to the transmission and interaction of energy and information. Further, everything appears to be occurring at once. Nonlocality was perhaps best described by a child who, after a near- death experience, called it *the really real place.*

Morse comments: "On the one hand, we have theoretical physicists who have been trying to explain to us for the past fifty years that our material world is actually based on pulsating, endless patterns of light and energy. On the other hand, we have mystics, psychics, and those who have had near-death experiences telling
us that they have had a glimpse of a level of reality in which all knowledge is contained, time and space are meaningless, and is filled with a loving light." (15)

Esteemed physicist Dr. David Bohm described the most absolute nature of reality as unified energy that undergoes constant change. In his view, life is best described as an enormous totality of energy in perpetual motion. Our physical world is like a tiny ripple on a vast sea, a wavelike excitation from this seething energy soup.

Bohm postulated two levels of reality that coexist and overlap. *The material order* is the manifestation of energy which is perceived by our senses as physical reality bound by time and space. The absolute or implicate order is infinite, consists of pure energy,

and transcends physicality. Together, these two orders comprise an undivided whole that constantly flows and changes.

Even "empty space" is full of this energy that ultimately merges and unites in a *holomovement,* Bohm's term for the dynamic and holographic nature of reality. Western philosophers such as Plato, Plotinus, Spinoza, and Hegel have described this deep unitive reality for centuries, as have physicists for over 50 years.

In his book, *The Medium, the Mystic, and the Physicist,* Lawrence LeShan stated, "It is very difficult for the modern scientist to think about the possibility of the personality surviving biological death because of his assumption that brain and mind are the same. This is accepted as the 'truth,' and it is rarely realized that this is an assumption and that other conceptualizations are possible." (16)

The Nature of Reality

It's a scientific fact that the human brain and five senses, amazing as they may be, are very limited in perceiving reality. For example, humans usually can't hear a dog whistle or differentiate between eight shades of white like hummingbirds can. What appears to
our eyes as white light is really, as revealed by a simple prism, a rainbow of colors. The electro-magnetic spectrum contains many wavelengths, x-rays for example, that human senses cannot detect.

Here's another scientific fact that highlights the brain's limited perceptual ability that, in turn, contributes to humanity's collective delusion.

Even though you appear to be standing still, the earth travels at 66,000 miles per hour and completes a trip of 595,000,000 miles around the sun every year. At the same time, the earth rotates around its own axis. Why should you rely solely on your five senses for an accurate understanding of reality when you can't even detect all this movement?

Acclaimed inventor and mathematician Buckminster Fuller stated that 99 percent of reality is intangible to our senses.
Important phenomena like air, electricity and gravity are very

real yet escape detection by human senses. The “nonsensate world,” that great majority of reality that cannot be experienced by our

senses, is nonetheless just as real. The point? There's more to life than meets the eye and other sense organs. If you believe only what your senses convey, you are missing out on much of reality.

Stated Deepak Chopra, M.D.: "Although our package of skin and bones looks very convincing, it is a mask, an illusion, disguising our true self, which has no limitations… I am the witness, the interpreter, the Self beyond the self-image. This Self is ageless and timeless…" (17)

In her book The Field, Lynne McTaggart stated: "On our most fundamental level, the human mind and body are not distinct and separate from their environment but a packet of pulsating power constantly interacting with this vast energy sea… There aren't two fundamental physical entities—something material and another immaterial—but only one: energy." Quantum and high-energy physicists interviewed by McTaggart agree.

Regarding the survival of consciousness after bodily death, McTaggart said: "As Fritz-Albert Popp described it, when we die we experience a 'decoupling' of our frequency from the matter of our cells. Death may be merely a matter of going home or, more precisely, staying behind—returning to The Field." (18)

Native wisdom sources have taught that Great Spirit is like a master potter or painter that creates vessels or paintings before setting them aside to create anew. Hindu models view Source Energy as variously inhaling, resulting in apparent formlessness, then exhaling to create more solid or formed aspects of reality. These ancient teachings are particularly impressive when compared with quantum physics' descriptions of the alternating wave / particle nature of reality. Whether the present moment is perceived as formless energy or formed matter is, of course, largely a function of the observer.

The Relative Reality of Time

Time is a difficult concept to grasp, but considering that it may be only *relatively real* is a start. Time is perhaps best understood as a series of *eternal now* moments, an endless dance of energy that can manifest as infinite possibilities.

Earth's indigenous cultures viewed time as a circular or cyclical, rather than linear, phenomenon. Realizing that life is never-ending sets the stage for understanding life's apparent injustices and tragedies. From a purely physical perspective that emphasizes time, the death of a five-year-old is a great and senseless tragedy. Only from a timeless soul perspective does it seem less so.

The following two stories may help you realize how brief a human incarnation is and, in contrast, how long eternity is.

The *Life Between Lives* technique under deep hypnosis was founded by Michael Newton, Ph.D., author of *Journey of Souls*. He and many trained therapists around the world have shared independent reports from tens of thousands of subjects who describe the relative nature of time.

During their group interactions on 'the other side', souls actually enjoy a variety of physical experiences including playing cards. Imagine that a soul is playing a game of poker and, as one hand ends, said: "Don't deal me in this hand; I'm leaving for an earthly experience." Many years in earth time pass as she goes through developmental stages of ninety years on earth: human birth, childhood, puberty, young adulthood, middle age, old age, and eventually physical death.

But all that seems like just a few minutes in *spirit time*. The soul returns and her soulmates are just finishing the hand they started when she left. The newly arrived soul said: "OK, I'm back. Deal me in." No one thinks much about it since they understand that an earthly incarnation is just a very brief foray into one of the infinite facets of the field of all possibilities.

An ancient Hindu story can help you comprehend how very long eternity is. The Himalayas are an immense range of granite mountains. Imagine that a dove with a silk scarf in its beak flies
over those mountains every one thousand years and lightly brushes the peaks with the scarf. Consider how long it would take for that process to erode these majestic mountains *completely flat*. That's just *the first day of forever*.

Humans as Beings of Energy and Consciousness

Humans are beings of energy who appear to be solid. This optical delusion makes it difficult to accurately apprehend your essence.

Science has long shown that matter is largely composed of space and energy, but most people don't realize the implications of this fact. You are not just a being of solid matter who dies when your body does. In scientific terms, you are an indestructible being of energy and light. Using religious language, you are an eternal soul / spirit.

Peter Russell, D.C.S, author of *Waking Up in Time*, is one of the world's foremost mathematicians and physicists. He said that time, space and matter are only relatively real. Only light can be considered absolutely real irrespective of surrounding conditions. Light and consciousness, he notes, exhibit important parallels.

Russell defines consciousness as the ability to have experiences and said it is like a screen that the movie projector needs for the movie to be experienced. Mainstream science, he said, may soon be forced to accept that consciousness is primary, that is, not just a temporary by-product of the brain. (19)

An electromagnetic field operates within all life and humans are *bio-energetic beings*. Russian researchers of Kirlian photography say that all living things—plants, animals and humans—not only have a physical body made of atoms and molecules. They also have *a counterpart body of energy* which they term the "biological plasma body." As Robert O. Becker, M.D., author of *The Body Electric*, stated: "A knowledge of life's electrical dimension has yielded fundamental insights into pain, healing, growth, consciousness, the nature of life itself…" (20)

The science of chiropractic health care has a holistic philosophical foundation that dates to the nineteenth century. The founders of chiropractic proposed that reality ultimately consists of *Universal Intelligence* that made and sustains the universe.

A portion of this life-force, termed "Innate Intelligence," resides within all creation. The vision for chiropractic was to help connect "man the physical with man the spiritual." Healing, they said, occurs, "above-down, inside-out" when there are no interferences to the optimal flow of intelligence and energy.

Philosophies from the Far East have long viewed humans as having an electrical component to their total makeup. In

this model, humans are beings of energy with a flow of bipolar electromagnetic power that vitalizes the body. This mysterious force is variously termed *chi* in China, *ki* in Japan, *prana* in India, and *vital force* in the Western world. More evidence for this phenomenon comes from sensitive people with heightened extra- sensory perception who can see auras and energy fields.

The First Law of Thermodynamics, the Law of the Conservation of Energy, stated that energy cannot be destroyed but merely changes form. Things may change from one form to another, but that is not the end of them. For example, the potential energy in a piece of wood changes to *thermal energy* when it is burned. Ashes remain as freed heat energy radiates in all directions. The total energy of the system is the same despite outward changes.

The collective evidence indicates that the same law applies to humans who, despite dropping their physical bodies, continue to exist.

Conclusions and Action Steps

As you have seen, there is significant scientific evidence that no one really dies. This input is especially important for skeptics who value objective scientific proof. Additional research on the survival of consciousness after death is under way. Numerous behavioral scientists have already contributed scientifically acceptable studies in this field.

∞ Discuss these issues with family and friends; how does this information fit with your religious and philosophical beliefs?

∞ Join a study group or book club that considers these topics in greater depth.

∞ Read further and explore the vast amount of scientific evi- dence for yourself.

∞ Study chemistry, physics, and field theory so you better understand the scientific principles discussed in this section.

4

∞ Benefit

Increased clarity and courage to follow your purpose and soul's missions

"How can I know what my soul's missions are?" is a very common and important question.

Margaret, an older female in North Carolina, told my workshop group that she didn't know what her mission was. "I've tried and tried to figure it out," she stated, "and I can't come up with anything." In an attempt to help clarify her life purpose, I asked how she spent her time. "That's just it. Over the last seven years, I've helped eight friends and family members who were very ill and stayed with them until they passed on. I've been so busy that I don't have time to figure out my missions."

If only all questions were so easy to solve.

Realizing your nature as an infinite and eternal being bestows many gifts. One is trusting yourself enough to follow your greatest joy. What clearer way could reveal your unique path than by what you are excited and passionate about? As Joseph Campbell said: "If you follow your bliss, you put yourself on a kind of track that has been there the whole while, waiting for you, and the life you ought to be living is the one you are living."

Follow your heart and do what you feel called to do as long as

you follow the Golden Rule. Trust your intuition, that wise inner voice that guides you about every aspect of your life. The pieces of life's puzzle will fall in place as more and more people—starting with you—pursue their bliss.

Good evidence exists that your enduring self, ideally in alignment with your Higher Energy Assistance and the Light, chose certain missions before you came to earth. Clues to those missions are revealed by your greatest dreams and desires. You have special life visions and special talents to share. Universe naturally supports those who work to bring more peace, joy, love and light on earth.

This is not just lofty but impractical advice. It's useful information that can increase the quality and likely the quantity of your life. For example, the most common time for heart attacks is early Monday morning. Day after day, year after year of following an uninspired path can eventually affect your anatomical heart.

I've counseled a number of people who hated their work but were afraid to follow their bliss. "After I retire, then I'll start that little business I've always dreamed of," they say. When I ask about their life's dream, they invariably pause for a moment. Then their eyes light up as they describe what they would do "if only…" The truth is, each person can follow his or her calling. Doing so, at least part- time, is a key to experiencing a fulfilling and heavenly life now.

Attending to your highest purposes is usually a multi-dimensional process. You likely have numerous roles in life—family member, significant other, friend, worker, church or group member, community participant, and individual. Following your bliss doesn't mean focusing on just one aspect and forsaking all other roles. On the contrary, being totally successful and achieving your highest mission means meeting all your roles impeccably.

Fulfilling your various roles can be challenging, but it's possible. Making a commitment to identify and pursue your dreams is a first step. Some people have the circumstances and chutzpah to make abrupt changes and follow their bliss full time. Others may choose to make a more gradual transition over time. Whichever path you choose, start now!

Let your self dream for a moment using your full imagination, then answer this question: "If you knew you could not fail, what would you do?" Let the images flow and feel the excitement as, perhaps for the first time, you become aware of your true self's callings. Following them will put you in touch with the joy and purpose that is your birthright.

At the same time, be wise about it. A Middle Eastern saying about this is: "Trust Allah, but tie up your camel." Daily living requires a certain income to survive so don't rush off and quit your day job prematurely. Stay with your current work and expand your services until you naturally grow into your higher calling.

To begin identifying your soul's purpose, close your eyes, let

yourself become relaxed, and ask for assistance from All That Is.

Give thanks for guidance and assistance sharing your greatest gifts. Then listen quietly for that still small voice within. Note any clues – words, pictures, feelings, colors, people, or places – that
spontaneously arise. Now answer the following questions by noting your very first response:

- *What are you naturally good at?*
- *What would you do if money were no object?*
- *What would you do if you had only one year to live?*
- *What would you do if you knew you couldn't fail?*
- *What would you do without pay because you enjoy it?*
- *What do you read and talk about in your spare time?*
- *What chokes you up and gives you goose bumps, cold chills, tears in your eyes, or pressure over your chest?*
- *How do you feel called to serve others and make the world a better place?*

You may also be able to access your soul missions with the *Ask Your Soul* audio product available under Shop at SoulProof.com.

Some people think they have to single-handedly change the world. The old church hymn, "Brighten the corner where you are" provides a hint. Do the best you can and know that's enough. Let your compassionate heart show you who needs help and how. And don't forget to put yourself on your list of priorities.

Someday you will graduate from this demanding but wonderfully interesting and instructive classroom. Until then, your task is to learn, love, grow, serve, enjoy, and leave this planet a better place than when you arrived. Why not do it with *style and grace* as a successful and enlightened human?

Evidence Category 5

Evidential Medium Input

Despite a $25,000 prize—a king's ransom in 1927—no one had successfully flown solo across the Atlantic. How did the winner do it? He said *ghostly presences* guided him and took over when he succumbed to fatigue and sleep. The pilot described these phantoms as transparent, moving, speaking with human voices, and friendly. These *emissaries from a spirit world* were, said the flier, like a gathering of family and friends he had known before.

Colonel Charles A. Lindbergh wrote about his spirit-assisted flight in his autobiography *The Spirit of St. Louis.*

Can those in spirit contact and assist us? And can extrasensorily gifted humans accurately communicate with them? These questions have intrigued humanity for many years. Scientific studies of evidential mediums replicated at five universities and research centers now affirmatively answer the second question.
Reports from these mediums say that the first question is also true.

Evidential medium is a term for those sensitive individuals who can sense those who have passed on. These mediums provide
specific and detailed information that could not be known unless, in fact, they are communicating with those who have changed worlds.

Mediums may detect others with their usual senses of sight

(clairvoyance), hearing (clairaudience), feeling (clairsentience) or a combination of these. More often, however, their senses are more subtle and from their minds: they see a person who has transitioned from earth with their mind's eye; they hear via telepathy; or they have a strong knowing or feeling.

Some people still aren't aware of the legitimacy of certain mediums because of abuse by fakes. Fraudulent mediums may use deception, cold readings, fishing, and other unscrupulous ways to deceive clients. Other mediums provided poor to mediocre results with very general information. For example, telling a seventy-year- old that his grandmother has died and loves him very much isn't impressive except to those grasping at straws because of fear of death.

Other misinformed skeptics and critics dismiss the possibility of valid mediumship because their religious denomination considers communing with spirits to be dangerous. However, as discussed by George Anderson, history reports numerous examples of mediums who were considered demonic by the established church and now are viewed as valid. For example, in the 19th century,

Bernadette Soubirous—an ignorant peasant girl who communicated with Mother Mary—was considered mentally incompetent. But now her awareness of apparitions at Lourdes, France are considered to be blessed.

Evidential mediums categorically deny any evil intention. To the contrary, they consider their extrasensory gifts to be a sacred responsibility.

Just as on earth, there appear to be imbalanced beings in other realms – so-called capricious and malicious spirits – who want to hurt or confuse others. Just because spirits can communicate
doesn't mean they are wise and trustworthy. Professional mediums always use discernment in evaluating the message and the messenger. They pray and affirm that the process is guided and guarded by the power of love and light.

If just one medium has genuine abilities to communicate with the unseen world, their service is vital. As you will learn, there are a number of mediums whose work has been authenticated by scientists, psychologists, psychiatrists and many clients.

That discernment by evidential mediums is not mind reading or telepathy is evidenced in several ways. First, mediums report
communications from the souls who come through, not necessarily those whom their clients – called subjects in research settings

– hope to contact. Recorded accounts of actual sessions show mediums insisting on a given point even when clients deny it. Some

mediumistic messages reveal future events that subjects could not be thinking of. Finally, some readings contain information from the past that clients did not know at the time of the reading but later learned.

A further measure of validity is that, prior to the readings, evidential mediums know nothing about their clients except their first names. They have no prior knowledge of the subjects' situation, the reason for their visit, or whom they hope to hear from. Even so, numerous accurate details are provided that are comforting and healing for the clients.

Historical Perspectives

In *We Don't Die,* Martin and Romanowski stated that highly respected figures – from Socrates and Plato to Edgar Cayce and Helen Keller – had personal experiences in contacting souls. Séances occurred in the Lincoln White House. (1)

Sidney Freeman, author of *Life After Death*, reported that several major churches recognized the credibility of soul communication and survival of death. In the early twentieth century, the Catholic church under the papacy of Pope Pius X, advised caution in uncharted waters but, "… nevertheless admitted the validity of psychic phenomena and of external intelligences, based upon the reports of some eminent scientists."

Further, said Freeman: "An investigation of spiritualistic beliefs was undertaken by the Church of England in 1938… The important majority report reads in part: 'Certain outstanding experiences of individuals, including certain experiences with mediums, make a strong *prima facie* case for survival and for the possibility of spirit communication … We think that it is probable that the hypothesis that they proceed in some cases from discarnate spirits is the
true one. There is no reason why we should not accept gladly the assurance that we are still in closest contact with those who have been dear to us in this life, who are going forward, as we seek to do ourselves, in the understanding and fulfillment of the purpose of God.'" (2)

In a 1981 Gallup poll, 42 percent claimed to have experienced some type of perception of those who had passed on. But this is not just a recent phenomena. Reports of communication with those

who physically died date back thousands of years. In more modern times, the scientific study of spirit contact began when the Society for Psychical Research was founded in London in 1882.

Brian Weiss, M.D., noted, “As I have explored more and more of the human mind and the limits of consciousness, I have come across some people with extraordinary abilities. Some can access information not normally available through the five senses. They seem to possess a sixth sense, an inner knowing or intuition, and sometimes the information received in this manner can be quite
accurate. Others have mediumistic abilities, the capacity to receive and to transmit messages and knowledge from beings on the other side, or from other sources of consciousness outside the usual limits of the body and the brain.” (3)

Scientific Research on Mediums

As described in our book *Greater Reality Living*, Gary Schwartz, PhD, and other research facilities have conducted numerous studies to investigate the validity of mediums.

In one study, he investigated five mediums and their abilities to accurately communicate with people who had passed on. Using strict laboratory procedures, the mediums could not see or even hear the people who hoped to receive messages from their loved ones in spirit. Furthermore, the mediums had no way of knowing anything about the subjects: not their names, gender, age bracket, background, city of residence or any other details.

After reviewing his experimental research on mediums, Dr. Schwartz concluded that the information consistently retrieved could best be explained as coming from living beings. Information was obtained before the medium ever spoke with the subjects. At times, the subject disagreed with some of the information from the medium that ultimately turned out to be correct. Mediums were sometimes corrected by those in unseen realms.

The data, Schwartz concluded, appeared to be as valid, convincing and living as the mediums, subjects, skeptics and scientists themselves. That’s what the scientific experimental findings unmistakably showed.

Yes, some individuals who call themselves mediums rely on ‘cold reading’ techniques as skeptics have correctly asserted. Others may use ‘hot reading’ techniques with information secretly obtained before the session. However, in his experiments, every conceivable measure was used to ensure valid readings. Magicians, other scientists and professional documentarians with video-cameras assisted to spot any cheating. No one who observed the laboratory’s multi-blinded experiments has been able to point out any critical flaws in the scientific methodology.

No rational alternative explanations have been found for the findings. Statistical analyses show that the chances the totality of the results could have occurred randomly are at least 1 in 1 trillion. Finding a probability of chance in the 1 out of 100 or 1,000 range is the usual requirement for publishing research in respected journals. The data from the medium research is thus 1 billion times the requirement for acceptance of data validity in traditional scientific journals.

States Dr. Schwartz, “Scientists and nonscientists alike are experiencing a test of faith: in this case, whether we can believe
in the scientific method itself. Because if we are to put our faith in the scientific method, and trust what the data reveal, we are led to the hypothesis that the universe is more wondrous than imagined in our wildest flights of fancy. The totality of the findings is surprisingly consistent with the concept of life after death and what we call the ‘living soul hypothesis.’” (4)

Multiple double-blinded laboratory mediumship experiments have been published over the past twenty years from research at the University of Arizona, University of Virginia, University of Glasgow in Scotland, Institute of Noetic Sciences, and Windbridge Institute. In addition, imaging studies of mediums’ brains suggest that mediumship is more than imagination. These findings were published by Temple University, the University of Pennsylvania, and the Institute of Noetic Sciences.

To summarize, double-blinded and triple-blinded experiments from 1997 to 2017 with genuine research mediums have indicated that accurate information can be obtained from those who
have physically died. In addition, specific hypothesized spirit collaborators from the other side – including famous scientists,

inventors, business leaders and entertainers – appear to be actively collaborating. These experiments and findings have been reported in four of Dr. Schwartz's books: *The Afterlife Experiments, The Truth about Medium, The Sacred Promise, and An Atheist in Heaven.*

My Personal Experience with Mediums

While working closely with Dr. Schwartz over the last two years, I have met some of the most highly researched mediums in the world. They are among the most loving, intelligent, and compassionate people I know. These include Suzanne Giesemann, Susanne Wilson, Suzane Northrup, Tina Power, Mark Anthony, Carl Buehl, and Jamie Clark. I highly recommend their books and services as mediums.

I've personally observed all of them 'at work' and continue to be amazed by their abilities to relay accurate, meaningful and detailed messages from those who have passed on.

Most of these sensorily sensitive people held important jobs – TV reporter, university administrator, film producer, attorney, engineer, etc. – before becoming full-time mediums. Giesemann was a Navy commander and top aid to the Chairman of Joint Chiefs of Staffs.
They are not any of the inaccurate labels that skeptics and critics use: occult, woo-woo, fakes or crackpots. Their high integrity, love, and caring – combined with verification of their abilities by scientific researchers – are undeniably convincing.

One of my most amazing experiences with a medium occurred in early 2018 in Tucson while attending a group reading by John Edward. John was one of the first mediums that Dr. Schwartz researched at the University of Arizona in 1998. Repeated and well controlled double blinded studies clearly indicated that John's abilities were very accurate at highly statistically significant levels.

Subsequent HBO specials featuring both of them put John on the map and led to his best-selling books, TV shows, digital forums, and top media appearances. To show his appreciation for validating his mediumistic abilities twenty years earlier, John gave Dr. Schwartz four front row tickets. I was invited to attend

and enjoyed meeting John backstage before his presentation.

Approximately 250 people were in attendance. John 'read' for about fifteen people during the two hour session. If I were a close- minded skeptic, I would have claimed that these subjects were planted beforehand. However, sitting with Dr. Schwartz reminded me that John's abilities were verified in well controlled research studies. What followed blew my mind even though I have been studying consciousness topics for over forty years.

With person after person, John provided specific details: names, relationships, time and method of passing on, and details such as childhood nicknames. Most impressively, he would not accept rejection from subjects but, rather, told them to try to remember.

The most amazing example of this occurred with a woman in her sixties who was just a few rows away from me. John had already provided several specific details about her father and was ready to move on when he said her father was showing him a banana. 'What is it about bananas? This seems very important.' The woman said her father really didn't like bananas, but he did like grapefruit.

John replied, 'No, it's not about fruit. It's a big banana.' The woman had no idea; John told her to think about and he would check back later. He went on to deliver detailed information with two other people, then returned to the woman sitting near me. 'Any ideas about the banana?' She couldn't think of anything and John said, 'Try harder. Your dad will not let up on this.'

John read for a few more people then returned to the woman. 'Banana?' The woman couldn't think of anything and John said, 'Your dad is so persistent about this.' Then the woman's face turned white, her mouth dropped open, and tears started flowing. 'Oh my God' she said. 'I had forgotten all about that. When a was a little girl, my dad had a banana costume. He dressed up like a banana every Halloween!'

The audience was stunned. If John were a fake, he would have dropped the banana hit so he didn't look bad. But that woman's father was apparently right there and wanted his daughter – and the rest of us – to know more deeply that love and memories continue after physical death.

On the way home, we were all excited and energized. Even though I am well versed in the afterlife evidence, *my internalized knowing* that we are immortal beings was deepened several

notches. I shared the following analogy with the others: imagine going to a

baseball game and seeing the same player hit ten homeruns *out of the park* in a game. That's what it was like watching John's group reading.

Examples of Mediumistic Readings

I'll share a few examples of meaningful readings by four mediums who are considered to be authentic by trusted experts in the fields of psychiatry and psychology.

- George Anderson was considered to be a valid medium by Brian Weiss, M.D. and Gary E. Schwartz, Ph.D.
- James Van Praagh was investigated and verified by Dr. Weiss
- Rosemary Altea was endorsed by Bernie Siegel, M.D., and Dr. Weiss.
- John Edward was endorsed by Raymond Moody M.D., Ph.D. and Dr. Schwartz.

Further, the validity of these mediums has been proven by many satisfied clients from a wide variety of backgrounds.

In *We Are Not Forgotten*, Martin and Romanowski gave an example of this latter point. While doing a reading for a female client, George Anderson shared that her uncle who had passed on was profusely apologizing for his behavior while on earth and was ashamed of himself. The woman vehemently replied that her uncle had nothing to apologize for; he was a pillar of their church and community and a great person.

George didn't retreat from his earlier statements and continued describing how upset the uncle was about what he did to his family. The woman reiterated that there must be some mistake because her uncle was a fabulous person who had very good relationships with the entire family. The rest of the reading was accurate and, as she left, the woman said she would play the taped session for her family.

Two years later, the same woman returned to George for a second reading. (He sees thousands of clients each year and can't recall details of his many readings performed over the years.) As the reading began, George quickly described the uncle coming through again and apologizing profusely. This time, the woman reacted very differently: "'You're g—damned right he should

apologize! That son

of a bitch! I'd like to go to the cemetery, dig him up, and rip him to pieces!' the woman exclaimed angrily.

George was startled. Obviously he'd hit a nerve. But he continued, listening carefully and then repeating what he'd psychically heard. 'Your uncle is confessing that he molested his nephew… He said he was sexually molesting your brother.'"

The woman confirmed this information and shared that she had played the taped first session for family members. When her now middle-aged brother heard the tape, he burst into tears and told them he had been molested by that uncle but was too afraid and ashamed to tell anyone. (5)

In *Talking to Heaven*, James Van Praagh related the case of a woman named Marilyn who consulted him for a reading. During the session, he correctly relayed (6):

- *the name Roger, her husband, who was always fussing with his reddish blond hair*
- *the cockpit of a plane with smoke and fire: Roger died in a plane crash a year before*
- *a happy anniversary wish from Roger: their anniversary was the week before*
- *a little boy named Tommy: her son who died in the crash with Roger*
- *Tommy's request to take down the Star Wars poster that hangs above his bed: he said he doesn't need it anymore*
- *Tommy mentioning the name Bobby, her other son, and say- ing he's not mad at Bobby for taking his red shirt out of his second drawer: Bobby was wearing that shirt today*
- *Roger providing the name of his buddy in the Air Force, where he was stationed, and his duties while in the service*

This level of information is not due to reading body language, fishing for general hits, or talking quickly. Afterwards, Marilyn was convinced that Roger and Tommy were alive, well, and together in another realm. Her life was changed and she felt that she could live with more peace again.

At times, *seemingly trivial details* are very convincing to the client. Rosemary Altea told of one woman who hoped to get in touch with her husband. Altea described quickly making psychic contact with the man:

I was amazed at what I saw. “I’m here,” I heard him calling, and looked to the direction of his voice. Then I began to laugh. My poor client, obviously nervous and a little emotional at the prospect of hearing from her husband, must have wondered what was going on. I quickly explained, hoping that she would understand. “I have a gentleman here,” I said, “but he is carrying two live geese, one under each arm, and he tells me that he couldn’t possibly have come without them.”

My client burst into tears. “Thank God,” she said. “I’m so pleased they are all safe.” She told me afterward that the geese had been their beloved family pets. “Like children to us,” she said. “My husband would often carry them around with him, one under each arm.” (7)

John Edward related the following story as told by Sue Farrell whose twenty-two year-old daughter Tracy was killed in an auto accident. Tracy used to coach cheerleading and had been very close with one of her students. This girl heard a beeper going off at her home. There were no other pagers in the house except one that she hadn’t used for several years. She figured the battery was dead, but found it in the bottom of a drawer:

She presses the button and sees a whole series of numbers.

First was 07734, which she immediately recognized as the thing the kids do, where if you punch those numbers in and turn it upside down it spells HELLO. After that it said 112667. She knew it wasn’t a phone number. So she’s looking at this beeper, which hasn’t beeped in two years, and she had been thinking a lot about Tracy, and about how unfair it was that she was killed. She knew Tracy’s birthday was in November. She decides to look over at her dresser, where she’s got the Mass card from Tracy’s funeral stuck in
the mirror. It gives her birth date. November 26, 1967; 11-26-67, the number on the beeper.

So it said, ‘hello’ and Tracy’s birthday. She freaked. She didn’t know what to do. She calls me up and said, ‘Please sit down.’ She

can barely get the words out. She comes over with the beeper and the numbers are still there. And the battery was dead but this message was there. (8)

Channeled Information

A topic similar to mediums is that of channelers. The term channeler is generally used to describe a sensitive person who receives information from advanced spirit beings. These sometimes exist as a collective of evolved energies, for example, the nonphysical intelligence known as Abraham that is channeled by Esther Hicks. Her work was endorsed by esteemed teacher Dr. Wayne Dyer.

One unseen teacher, Emmanuel, was channeled by Pat Rodegast, author of Emmanuel's Book. The authenticity of this source is endorsed by revered teacher Ram Dass (Richard Alpert, Ph.D.) who has worked with them extensively. Emmanuel said: "This earth plane is neither the beginning nor the end of your existence. It is simply a step, a schoolroom. My friends, let me impress upon you how solidly you are planted in eternity, how brilliantly you can shine in your own physical world, how possible it all is, how beautifully the Plan is designed. In God's Plan no soul is alone. No soul is ever lost."

Further, Emmanuel teaches, "Death is like taking off a tight shoe. Even when you are dead, you are still alive. You do not cease to exist at death. That is only an illusion… Life and death should not be considered as opposites. It is closer to the truth to speak of dying as an entrance rather than an exit… It is absolutely safe." (9)

Some sensitives, for example, former White House and foreign correspondent Ruth Montgomery, communicate with the unseen world through automatic writing. In her book A World Beyond, she reported these words by Arthur Ford from 'the other side': "Each person is a continuing entity through all eternity. No beginning and no ending… There has never been a time when we were not, and we always will be, even though in constantly changing forms and stages, for we are as much God as God is a part of us." (10)

Conclusions and Action Steps

In the past, the topic of mediumship was controversial for some people. However, research findings now strongly indicate that evidential mediums have verifiable and highly accurate abilities. Being open-minded about these phenomena doesn't have to detract from your religious faith. In fact, this evidence further corroborates what great spiritual teachers have said over the millennia: there
is life after bodily death. This category provides further proof and comfort that is so.

Suggested action steps include:

- ∞ Read further from among the books cited.
- ∞ Ask others if they have experienced any readings from mediums.
- ∞ If interested, consider a visit to a reputable medium.
- ∞ Discuss these topics with others in discussion groups.

5

Benefit

More peace and acceptance about life's inevitable changes: aging, bodily degeneration, children growing up, etc.

Change is one thing you can always count on in life. Having a strong foundation of faith and knowledge about the nature of reality helps you skate through challenges that inevitably occur. Well established roots help you bend, not break, when winds of change become fierce.

Yesterday, one of my neighbor's trees blew over. His huge pine tree was in a low area that collected water. As such, it didn't have to put down deep roots. When strong winds came along, it fell over.

Have you ever felt like you've fallen over? If so, did you learn lessons that you wouldn't have otherwise?

Living into middle-age and senior years brings a predictable sequence of changes: outward physical changes such as grey hair and baldness, bodily degeneration, children and grandchildren growing up, and much more. And that doesn't count major changes that we've already discussed such as relationship breakups, major financial losses, serious illness, disability, and – oh, yes – physical death.

Coping with even relatively minor changes that accompany

life is not easy. When my younger daughter went away to college, my heart ached as I saw her empty room and didn't see her in front of the bathroom mirror for hours. For years, I had eagerly anticipated sleeping in instead of fixing her breakfast and helping her off to school, but now I missed it.

Wrinkles, skin spots, white hair and baldness are all too familiar as my physical body odometer approaches sixty-five. Hair growth around my ears, nose, and eyebrows is particularly robust. I
can usually laugh about it since I so strongly identify with my timeless essence. But these changes are occasionally still tough to

encounter. Recently while driving, I glanced in the rearview mirror and thought: “That looks like my grandpa.” Then I cringed when I realized it was me.

Parenthetically, feeling young *inside* despite outward aging is, I believe, due to the fact that your real self does not age. Your consciousness is immortal even though it is housed in a mortal package.

Changes that accompany aging cause you to look at life differently than when you were youthful. Once you’ve discovered your true nature—as a magnificent and imperishable energetic being—you can better withstand the winds of life’s challenges. You can use knowledge about the greater reality to remain peaceful and happy despite outward changes.

Handling life’s changes in style results in greater patience, love, wisdom and other priceless attributes that become who you are. These qualities are well worth the price and bring you closer to realizing your oneness with All That Is.

You may have wondered why there’s so much suffering and why Creator would allow it.

Simply put, people—*you and me*—have caused much of that suffering by lower energy thoughts, words, and deeds toward themselves and others. Some is created by buying into the illusion of physicality and death. You predictably suffer when you forget who you are and that your real self cannot be hurt and does not die. Finally, suffering is caused when you have strong attachments to outcomes versus preferences. The river flows.

That’s why you suffer while going through perfectly safe and natural life cycle-induced changes. Sure, it’s natural to feel a little nostalgic and bittersweet at times. However, the more you awaken to life’s big picture, the less easy it is to get knocked off center.

The second part of the question—why a Higher Power would allow it—is easy: you have free will. You’re not a puppet on a string or an automaton. If everything were set up perfectly – whether you like it or not – there would be no room for choice, experimentation or exploration. You would essentially be a robot since there would be no alternatives from which to choose.

Life is a lot like watching a series of plays or movies, remember? You would get bored watching the same movie every day. In

much the same way, you spend eternity going through a series of experiences that expose you to the richness and diversity of life. When one episode is over, you can co-create and experience countless others if you want to. Or you can chill and hang out for awhile.

Finally, life's challenges build spiritual muscles—much like weight-lifting. If your earthly experience has been like mine, some of your most important lessons occurred after suffering took you out of your comfort zone. When life is easy, you don't have to stretch and search like you do when confronted with intense struggles. How much strength would you develop if you went to the gym and the other athletes said, "Take it easy today and have a seat. We'll do the lifting." It's the same way in life.

Remembering this will help you enjoy the show and keep it all in perspective—no matter what minor or major transitions you may face.

Evidence Category 6

Input from Religions and Spirituality

I remember going to Sunday school as a child and singing great hymns like “Jesus Loves Me” and “This Is My Father’s World.” Then I went upstairs for the church service and heard scripture readings about a fearsome huge ruler in the sky and lakes of fire for the unbelieving and unrepentant. Even at that young age, I remember thinking, “Is this the same guy we were singing about downstairs?”

After studying various higher consciousness sources for many years, I am comfortable with the saying “Truth is one, paths are many.”

To differentiate between religious and spirituality input, the former refers to information from established groups with established doctrines that date back many centuries. While researching Soul Proof, I called a well-known church and asked about their views on hell. The pastor described a place of fiery torment for eternity. “Yes, I know that’s what they believed during the Dark Ages,” I said. “But what does your church believe now?” After a long silence, the minister said they still believe in a hell as described by their church canons in the 15th century.

At best, religion provides guidance, support, and loving service.

At times, however, it impedes newer understandings,

restricts its members, and condemns believers in other religions. At worst, religions have launched wars; influenced governments; controlled

women; condemned differences, other races and sexual orientations; and harbored pedophiles. Most grievously, it has scared many people and driven wedges between them and Creator.

Spirituality, on the other hand, is comprised of less concretized approaches to knowing and serving the Ultimate. These traditions are more open and dynamic in their interpretations and principles. This approach recognizes that all people are part of Source and celebrates—not criticizes—differences.

Religious and spiritual orientations are not totally mutually exclusive and can certainly be synthesized.

There are many thousands of different religions and denominations so they obviously can't all be the only true way to salvation. I will primary discuss Christianity since Lutheranism was the religion of my youth and I attended Methodist theological school.

However, I will also present other viewpoints about immortality of the soul. Each religion has more open or esoteric denominations that, in my opinion, offer wiser teachings. I will draw primarily from these more sensible and enlightened views.

The Nature of 'God'

The nature of Life Source is discussed first since human beliefs about this phenomenon vary widely. Much collective evidence indicates that It is not a big bearded man sitting on a throne in the sky somewhere. Humanity's evolution has been hampered
by viewing a Higher Power in our image, instead of realizing we were made in the image of Spirit. At my theology school, this phenomenon was defined as the highest power that can be conceived. My highest image of Source is that of love, peace, creativity, wisdom, and power.

In his book *The G.O.D. Experiments*, Dr. Gary Schwartz used the acronym G.O.D. for the universal "guiding, organizing and designing" process in life. This phenomenon has historically been called many names by religions, for example, Yahweh, God, and Allah.

I added the letters E and L that stand for Energizing and

Loving. The acronym E.L.G.O.D. describes more of the attributes of this

ultimately ineffable Life Source. The additional letters E and L also honor ancient names for the Divine. *El or Al* – the root words of Elohim, Eloha, Allah, and other sacred names – meant That, The One, or That One which expresses itself uniquely through all things.

Joseph Campbell, the brilliant scholar, author and interpreter of sacred traditions, stated: "The divine lives within you… the
separateness that is apparent in the phenomenal world is secondary. Beyond, and behind, and within, and supporting that world is an unseen but experienced unity and identity in us all." (1)

The following description of Creator is, based on the evidence, quite accurate. In *Destiny of Souls*, Michael Newton, Ph.D., quotes a female client who was one of the most evolved beings he had ever interviewed during a Life Between Lives session. To slightly paraphrase, she described Oneness, the Presence as: 'Massive but soft. Powerful yet gentle. There is a breath, a whisper of sound
that is so pure. The sound creates all, including light and energy. The sound holds this structure and makes it move, shifting and undulating, creating everything. It is a reverberating bell, then a high-pitched pure humming like an echo of a mother full of love singing to her child.' (2)

These descriptions of the Ground of All Being are, needless to say, quite different from horrific ones that many of us were taught at an early age. Do the words "wrathful, judging, and fearsome" sound familiar? Some denominations still teach about a Life Source of unfathomable love and then, in the next sentence, warn that It will send us to, or allow us to choose, a fiery hell for eternity. Can you say "schizophrenia?"

Clark H. Pinnock, theology professor at McMaster Divinity College, stated: "How can Christians possibly project a deity of such cruelty and vindictiveness" as to inflict "everlasting torture upon his creatures, however sinful they may have been." I agree with his conclusion that a Higher Power that would do such a thing is "more nearly like Satan than like God."(3)

We need to reconsider our notions about Creative Energy, to refute half-truths and mistruths that were taught in the guise of truth. The collective evidence refutes any notion of a vengeful Source that watches our every step and smites us at the least

transgression.

Think about it for a moment with common sense instead of brainwashed fear. What loving parents would pass their child's finger over a flame, even for a second, no matter what the transgression? How, then, could any believe that an all loving, all knowing, and all powerful Creator would *for eternity?*

Rediscovering the *original meanings* of sacred teachings conveys greatly different views. Aramaic translations, for example, reveal more accurate understandings from that pivotal time and place that so greatly influenced Judaism, Islam and Christianity.

Regarding the primary Aramaic meanings for the Supreme, Neil Douglas-Klotz, Ph.D., stated: "The root words for God are *'Eloha'* or '*Alaha*' from the Hebrew '*Elohim*.' All these words mean unity, sacred unity, or one Beingness. The Jewish or Aramaic notion of the Divine is not a being sitting somewhere, someplace as in a room above us, but a unity of which we are a part, of which our being is
a part. Both Jesus and the Hebrew prophets before him shared this bigger picture of the Divine. That's quite different from our Western conception. Our problem is that when this conception was squeezed through the Greek language and thinking into Western Christianity, only a very small part of this meaning was carried across the language bridge." (4)

If you were taught notions about a Source that seemed bizarre, realize that the offending information was likely incomplete or incorrect. Some people become atheists or agnostics because they understandably find the idea of no *Higher Power* to make more sense than the strange images they were taught.

Many people are shocked by denominations that claim their view is the only right one and all others are doomed to a fiery eternal hell. At the "God at 2000 Conference," professor of religion and author Marcus Borg, Ph.D., said: "I find it literally incredible that the God of the whole universe has chosen to be known by one religious tradition." He said that all great religions of the world believe in an encompassing Spirit that is part of everyday life. In this view, termed *panentheism*, Universal Intelligence is not only *transcendent* (beyond human experience), but also *immanent* (dwelling within all life). (5)

Rev. Matthew Fox is a theologian, Episcopal priest, founder of Creation Spirituality, and author of over twenty books. He rejects

theism, the concept that “God is way out there someplace, as far

away as he can get." Fox stated: "God is life *per se* life, God is in the midst of everything that's bubbling, everything that's vital. And that is panentheism, to see God in all things." (6)

In *Wisdom of the Ages*, Wayne Dyer, Ed. D., stated, "Imagine being fully aware that you carry God about with you. If God is everywhere, then there is no place that God is not. And this includes you. Once you connect to this understanding, you regain the power of your very source. Rather than seeing yourself as separate from the miraculous power of God, you claim your divinity and reclaim all the potency that God is. You are a principal work, a fragment of God Himself." (7)

Joseph Campbell said that humanity's search for the Supreme has been encumbered by conceiving the Absolute as a personality. He wrote, "As soon as you smash the local provincial 'God-form,' God comes back. And that's what Nietzsche meant when he wrote that God is dead. Nietzsche was himself not an atheist in the crude sense; he was a man of enormous religious spirit and power. What he meant was that the God who's fixed and defined in terms appropriate for 2,000 years ago is no longer so today. The divine lives within you. And what is God? God is a personification of that world-creative energy and mystery which is beyond thinking and beyond naming." (8)

As discussed by Jeffrey Moses in *Great Principles Shared by All Religions* (9), the theme of being one with the One is echoed throughout the world's religions:

- *Hinduism: "God bides hidden in the hearts of all."*
- *Shintoism: "Do not search in distant skies for God. In man's own heart is He found."*
- *Sikhism: "Why wilt thou go into the jungles? What do you hope to find there? Even as the scent dwells within the flow- er, so God within thine own heart ever abides. Seek Him with earnestness and find Him there."*
- *Christianity: "The kingdom of God cometh not with obser- vation: neither shall they say, "Lo, here! Or, lo there! For, behold, the kingdom of God is within you."*
- *Confucianism: "What the undeveloped man seeks is out- side; what the advanced man seeks is within himself."*

∞ ∞ ∞ ∞ ∞

The Nature of Humans

A more accurate comprehension of Creator's nature assists a fuller realization of our own. As humans, you are a lofty creation imbued with a spark—and the potential for a flaming torch— of the Divine within. This message is difficult for some to hear so I will quote several wise teachers.

The first chapter of the *Bible* described humanity's true nature with Genesis 1: 27 stating, "So God created man in his own image…" Psalms 82:6 stated, "I have said, ye are Gods; and all of you are children of the most High." In I Corinthians 3:16, the apostle Paul asked, "Know ye not that ye are a temple of God, and that the spirit of God dwelleth in you?"

In Ephesians 4:6 St. Paul said, "One God and Father of all, who is above all, and through all, and in you all." Emphasizing the word 'all' four times in one sentence makes it pretty clear: Infinite Intelligence resides within each one of us.

O. Lazarus, in *Liberal Judaism and Its Standpoint*, summarized a Reform Jewish attitude toward death: "There is that within us which is immortal and it is not bounded by time and space. It is this, man's soul, as it is called, which continues, so we believe,
to live after the death of the body. To it, death is but an incident of life." Kabbalistic and Mystical Judaism also believe in the immortality of the soul of all people.

In *Discover The Power Within You*, Unity minister Eric Butterworth stated, "You can never be separated from God because you are an expression of God, the self-livingness of God." Speaking of the Source, Alfred Tennyson wrote: "Closer is He than breathing and nearer than hands and feet." Meher Baba said, "To attain union with God is so impossibly difficult because it is impossible to become what you already are!"

The Christian mystic St. John of the Cross said: "Oh, then, soul most beautiful among all the creatures, so anxious to know the dwelling place of your Beloved that you may go in quest of Him and be united with Him, now we are telling you that you yourself are his dwelling… his secret chamber and hiding place." (10)

Denominations from every religion teach our essential oneness with Creator. In Sufism, it is said: “I looked into myself and saw that I am He.” Referring to Oneness, the Hindu *Upanishads* proclaim, “I am everywhere, shining forth from all beings.” Christianity states, “The Father and I are One.” Islam said, “All is Allah.”

‘Isness Is, God is One, I Am That I Am’—these are various ways of stating that there is no separation or duality in life. As Joel Goldsmith wrote in *The Infinite Way,* “That which I am seeking, I am.” These timeless quotes expand our perception of what humans really are.

In *To Know Your Self*, Sri Swami Satchidananda wrote, “Know that it’s not the Self that needs Yoga. It’s always tranquil. But the limited mind goes through these practices to expand and see the Self clearly. Then, when the Seer sees his Self and rests in his true nature, he sees the *real face* which is never disturbed. You are
the image of God. You are the Infinite by yourself. Remember the goal: Aim at something great. All of you can be Buddhas, Christs, Mohammeds, great sages, and saints.” (11)

In *Prayers of the Cosmos*, Douglas-Klotz related varied Aramaic meanings of the first line of the Lord’s Prayer, “Our Father which art in heaven, hallowed be thy name.” These include: “Radiant One: You shine within us, outside us—even darkness shines—when we remember. Focus your light within us—make it useful: as the rays of a beacon show the way. O Birther! Father-Mother of the Cosmos, you create all that moves in light.” (12)

Many viewpoints agree that the Light exists within each one of us. In Matthew 5:13, Jesus is described speaking to the multitudes at the Sermon on the Mount and saying: “Ye are the light of the world.” He encouraged them to let their lights shine to glorify the Source of all life.

Commenting on our essential soul natures, eminent theologian and psychologist Dr. William James stated: “Only when I become as nothing can God enter in and no difference between his life and mine remain outstanding. This overcoming of all the usual barriers between the individual and the Absolute is the great
mystic achievement. In mystic states we both become one with the Absolute and we become aware of our oneness.” (13)

A fuller realization of your essential natures makes it obvious that you are an immortal being of light. Having discussed the nature of E.L.G.O.D. and humans, let us now examine the concepts of heaven and hell from a more enlightened perspective.

Heaven and Hell: States of Consciousness

Heaven has been depicted in various ways by different cultures and religions. Conservative Christian interpretations describe people playing harps, walking on golden streets, and endlessly praising the Lord. At the other end of the spectrum, heaven is viewed as a state of consciousness that can be enjoyed now and always. The term heaven describes the peace, joy, and love that accompanies a greater awareness of oneness with All That Is.

Hell, accordingly to fundamentalist Christians, is a never-ending place of fire and brimstone for those who believe or act differently than they do. Less literal views of hell see it as separation from the Ground of All Being and ignorance of ones true nature. Hell is the predictable result of excessive lower energy thoughts, words, and deeds.

In *Let There Be Light*, Aramaic scholar Rocco Errico, D.D., said that the ancients considered heaven – which also meant sky, cosmos and universe – to be the habitation of the Divine. In addition, he stated, "The term heaven was also used metaphorically in the *Bible* to express the idea of peace, order and harmony. Figuratively, heaven also means a greater consciousness, i.e., one in which thoughts of lack and fear disappear. Thus one can readily see that the term heaven also depicts a state of being and not just a specified location." (14)

Matthew 3:2 and 4:17 recount Jesus as saying: "The kingdom of heaven is at hand." In Middle Eastern formulations, the term at hand was commonly used to depict something very near or inside. In Luke 17:21, Jesus is described saying of heaven, "Nor will they say, 'Lo, here it is!' or 'There!' for behold, the kingdom of God is in the midst of you." When pressed for details, Jesus likened the kingdom to leaven or a mustard seed —both small things with *vast growth potential*. None of these parables sounds as if he were describing a place in the sky …

someday, maybe, for a select few.

For many of us, perspectives about what happens after bodily death came from orthodox religious teachings about heaven and hell. Taking scriptures literally can be problematic because of extensive alterations via interpretations, deletions, additions and translations. Political and church power struggles and collusions entered into the equation. History also clearly shows that various councils voted on whether to include certain books or topics in the *Bible*. In addition, scribes added or modified texts over the centuries in an attempt to make the teachings more relevant and timely.

As a result of all this, *irresolvable conflicts* – such as a Higher Power of love sending or allowing any of Her creation to an eternal place of torment – are taught that freethinkers cannot accept and children can't fathom.

An elderly female caller shared the following story during one of my radio shows. At age ten, she attended a very fundamentalist church with her family. Upon hearing about Creator's supreme love in one sentence and an eternal hell in the next, she was understandably confused and upset. After the service, the preacher asked how she liked the sermon. She said, "I don't believe in the hell part. God wouldn't do that!" The minister retorted, "Well,
young lady, if you don't believe that, maybe you shouldn't be in this church." Her parents took her by the hand and told him, "Maybe we shouldn't."

Over the years, many older people have confided in me that they could never believe in a fiery place of torture for anyone. Such a concept blasphemes a loving Presence and scares many people away from seriously considering soul issues. These elders have learned
to let go of past fears, trust their inner voice, and nurture personal relationships with the Light. Doing so frees them from archaic and erroneous teachings. Then the potential for experiencing peace and joy now and always becomes more apparent.

Regarding the *Thomas Gospels*, documented early Christian teachings that were not included in the , Joseph Campbell stated, "The disciples ask, 'When will the kingdom come?' And Jesus answers, 'The kingdom will not come by expectation. The kingdom of the Father is spread over the earth and men do not see it.' In other words, bring it about in your hearts. And that is

precisely the sense of Nirvanic realization. This is it. All you have to do is see it. And the function of meditation leading to that is to dissociate you from

your commitment to this body, which is afraid to die, so that you realize the eternal dimension is right here, now, everywhere." (15)

A firsthand experience of utopia living can exist right now. Loving, serving and enjoying one day at a time is a key. Releasing fear and realizing how loved and assisted you are throughout eternity is another. Taking quiet time to remember these truths and living accordingly keeps you in touch with the kingdom, moment by moment.

During our radio interview, Aramaic scholar Dr. Douglas-Klotz said that heaven is, "Not a place but a way Creation can operate." The Aramaic word *shmaya*, he said, best reflects the concept of "heaven when one recognizes the Oneness that is the universe." He continued:

> *Heaven is not a place in the Aramaic / Jewish conception. Heaven is a way of looking at life. So when Jesus or any of the Jewish prophets used the word 'heaven,' they were talking about a vibrational reality. We can read this that Elohim—the One / Many—created the universe in two modes: a vibrating, wavelike reality in which we are all connected (shemayim) and also an individual or particle reality in which we all have individual names, faces and purposes in life.*
>
> *It is not as though heaven is somewhere else or a reward we get later but, rather, heaven and earth coexist side by side in this way of looking at life. The whole notion of heaven as a reward or something that is above us or some place we go after we die would be entirely unknown to Jesus and his listeners. It is not Hebrew thinking and only arises in a later interpretation of European Christianity. (16)*

You may have noticed the *similar descriptions of reality* in this view and that of quantum physics. That such diverse—in subject, culture and time— schools of thought agree so thoroughly lends additional credibility to these models of reality.

When I asked him about the concepts that heaven and hell are levels of consciousness, degrees of closeness to or separation from All That Is and knowledge of our real selves, Douglas-Klotz replied: "This is close to the original Aramaic. The Christian concept of hell is not found in the Hebrew or Aramaic language. The word usually translated from the Hebrew as hell—*'sheol'*—means a chaotic

passageway through which the soul passes after the body goes back to its various elements. The notion of hell as some sort of eternal punishment would not have been known or even understood by Jesus and his listeners. It was not in their native language."

The term "chaotic passageway" reminded me of the dark tunnel described by NDErs after a suicide attempt. I asked, "Are heaven and hell, at least in part, what we experience when we have our life reviews after physical death?" To that question, Klotz answered: "It seems to me that they are, simply based on the language. The word for death in Hebrew, *mawet,* does not mean the end or the finish
of something. It means a passageway into some other reality. This passageway involves, according to the Hebrew Scriptures, a period of confusion and a period of sorting out." (17)

Whether you are conscious of it or not, *you experience life reviews every day*. Your predominate thoughts, words, and deeds determine whether your life feels more magnificent or horrible. And the quality of your life can be upgraded whenever you are ready.

Reports from NDEs, authentic mediums, *Life Between Lives* sessions, and enlightened teachings agree that heaven and hell are:

- *your degree of realization that you are an integral part of Source right now and always*
- *how you feel now as a result of your life being in alignment with higher principles, or not*
- *what you will experience after physical death during your life review as you feel the positive or negative ripples you created*

All three factors are under your control. You create your own heaven or hell moment by moment and cumulatively. The best example I've ever seen of this was a patient I'll call Hank. He thought his life was so bad that he wanted to die, but the shotgun under his chin slipped at the last second. His face was blown off so he couldn't talk or see, but he could hear.

Most of the hospital staff were freaked out by his plight and couldn't spend much time with him. I was in theology school and reading books by Kubler-Ross, Ram Dass and others. I felt comfortable talking to him and tried to shed

some light into his

world of darkness. I told him that we would do everything possible to help him and that his situation could result in blessings to himself and others.

He made a motion that he wanted to write and, as best a newly blinded person can, scribbled: “God help me. I’m in hell.”

Indeed he was. But it was one of his own making and could be improved when he set that intention. He had put himself into a Helen Keller-type predicament; how she handled it is one of the most inspiring stories on record. I sometimes wonder if he ever found those blessings.

Much evidence rejects outright any notion of a fiery eternal hell or eternal separation from the Light *for anyone*. Upon hearing this statement, many people ask, “Even rapists, molesters, murderers and those whose bodies die by suicide?” Common sense about a loving and caring Higher Power argues that *all people* can eventually choose to join the Light.

This even includes those who are so grievously imbalanced as to hurt or kill others, or take their own lives. Christianity is the only major religion that teaches an unending place of torment and that is limited to the most fundamentalist denominations.

I remember lying in bed around age eight and crying because I was worried about the possibility of going hell. I was old enough to understand how horrible that place would be. I feared that I would be in hell and my parents in heaven; the thought of never seeing them again was horrifying. I repeatedly prayed to Source that I wouldn’t end up in hell.

How many other children and adults have likewise been scared to death about this ancient and erroneous concept? Given the collective evidence, you can safely release all fears about such a place.

The best rebuttal to the ridiculous idea of an eternal hell came during one of my radio interviews. An elderly woman called in and shared these wise and loving words: “I have six children and I love them all. I don’t always approve of their actions, but no matter what they do, I will always love them. I think that’s the way God is, too.” That started a more heartfelt discussion of more accurate understandings about what hell really is.

Suicide: Not an Unforgivable Sin

Here's an important topic to reexamine in light of the collective *Soul Proof* evidence. Family and friends of those whose bodies transition into the field of all possibilities by suicide are so deeply devastated. They worry about the souls of their loved ones and feel guilty about what they could or shouldn't have done or said.

Many family members and friends of suicides are unconsciously angry about the suicide, but can't let themselves feel that. Their grief and other emotions are amplified by the thought that they may never see their loved one again.

Conscious language is vitally important for accurately perceiving the greater reality. I avoid the terms "took her life, ended his life, or killed herself" because those imply that life can actually cease. Yes, the body can be destroyed, but the life force or energy cannot. Much evidence clearly indicates that—no matter what the cause of death— ones essence continues on in another form.

When describing a person whose physical body died by suicide, I also avoid the phrase 'he committed suicide.' The word 'commit' is often used to describe crimes, for example, 'he committed
murder or she committed a robbery.' Suicide is not a crime; it is an unfortunate outcome that can be prevented when the core causes are addressed. I prefer the terms "ended her earthly experience,
or his body died by suicide." Those initially may sound more cumbersome, but they more accurately describe what really happens.

Fear-based religious teachings teach that ending ones earthly experience is a sure ticket to a fiery eternal hell. However, the collective evidence shows that no such place exists and everyone can enter the Light after dying—even those who extinguish their physical body. This evidence includes input from documented near-death experiences, after-death communications, authentic mediums, Life Between Lives regressions, and enlightened teachings.

Those who end their earthly experience may choose to face similar challenges again with the goal of taking a higher energy option, but they are not forced to do so. They may experience

temporary confusion and regret over their decision until they forgive themselves and begin to heal. But the Light always understands and assists. And, as *A Course in Miracles* teaches, It

doesn't need to forgive because it doesn't judge or condemn in the first place.

Those who kill their physical body may experience a temporary, self-created unpleasant experience as they realize their actions.
This is not an eternal fiery hell imposed by a judgmental Deity but, rather, the result of self-judgment, guilt, and sadness. The movie *What Dreams May Come* beautifully portrayed the notion that we create our own hells and can gravitate toward more heavenly states of being whenever we are ready—even after suicide.

Thinking of ending ones earthly experience is fairly common during very difficult times. *Acting out on these thoughts*, however, is a huge step. Those who attempt suicide may suffer with:

- intractable physical pain
- severe emotional distress
- mental confusion because of alcohol or drug abuse
- abnormal brain function due to nutritional deficiencies and excess chemicals or heavy metals
- imbalanced function of hormonal organs, especially the thyroid, pituitary, hypothalamus, and adrenal glands
- side-effects from prescription medications such as those to supposedly help depression or acne

Parenthetically, safe, affordable, natural and effective (SANE) treatments often exist for such problems. Nutrition-based healing, acupuncture, chiropractic, integrative medicine, counseling, and the passage of time may help.

For example, if nutritional deficiencies are affecting the brain, it can be difficult for a person to think clearly. This predicament is multiplied when stressors such as chemical or heavy metal toxicity are also involved. Excess populations of microorganisms in the body are another potential aggravating factor. Poor diet and pollution of food, air, and water also can contribute to dysfunction of the brain and other vital organs. Symptoms such as anxiety, depression, and insomnia are ways the body may communicate that something
is awry.

These problems can usually be corrected with whole food supplements, a real food diet, and optimal self-care practices.

I

recommend *Nutrition Response Testing* (unsinc.info) or *Applied Kinesiology* (icakusa.com) to cover these bases. If you or a loved one are thinking about suicide and want help, you can find a clinician by visiting these links. If a loved one ended her earthly experience, natural care can help you heal and transform. For more information about the power of optimal self-care and natural healing approaches, see my book *Radiant Wellness.*

Those who end this earthly experience may have volunteered, on a soul level, to suffer and change worlds earlier in an attempt to awaken humanity to the importance of healthy food, air and water. These individuals may be quite sensitive— both emotionally and physically—and thus suffer more than the general population when imbalances exist. In that sense, they are like canaries in a coalmine who are lovingly warning the rest of us.

Another group of people who are perhaps more prone to suicide are those whose souls *came to earth prematurely or impetuously.* As such, they were not well prepared to handle the inevitable stresses and challenges that occur on this planet. Such people may leave suicide notes saying they just couldn't stand it any more.
They may have felt like they didn't fit in or some mistake was made about the timing of their earthly visit.

I can understand how people in all of these circumstances might rationally or impulsively make the decision to end their pain. Surely the Creator and Sustainer of all life does as well.

Highly evidential mediums such as James Van Praagh, Rosemary Altea, and George Anderson agree that those who end their earthly experience do not stay in a dark place. Just like the prodigal son story in the *Bible*, Creator is always ready to welcome souls Home whenever they are ready for that.

Those who extinguish their physical bodies are reported to sometimes recover in special settings with much nurturing and unconditional love. Souls may be in a very peaceful and safe realm inhabited only by puppies, kittens, and fawns. Recovering beings are watched over, assisted, and guided by angels and guides.

One example of clinical evidence that supports this view is the work of Michael Newton, Ph.D., as described in *Journey of Souls*. While assisting many thousands of subjects in recalling their time between lives on earth, he and other therapists have found there is no punishment from an external source for

suicide. His clients

report that punishment is an earthly condition that doesn't happen in more enlightened dimensions.

Dr. Newton described souls who end their earthly experience as often feeling disappointed at their poor judgment because they didn't choose better options. However, he reported that those who escaped from severe chronic pain or incapacity felt no remorse for
suicide. Their soul mates, angels, and other higher energy assistants also had more accepting views in these cases.

The notion of a fiery eternal hell for those who leave earth by suicide wilts when examined with common sense and a loving perspective. When you were young, did your parents ever spank you, and then when you were crying hard, say: "Stop crying or I'll give you something to really cry about?" Mine didn't, thank goodness.
That parental strategy didn't make sense then or now.

Well, neither does the idea that those in such dire straits that they terminate their physical body would encounter a loving Creator that says, "So, you died by suicide, eh? Now I'm going to show you what rough really is! Break out the pitchforks, boys! Off you go to burn in hell forever!" Such medieval nonsense has already caused enough confusion and separation from Life Source.

Consider this issue in light of the collective evidence. At our essence, humans are eternal beings of energy who are part and parcel of E.L.G.O.D. How, then, can you ever be separated from that?

Fortunately, some denominations and spirituality sources correctly recognize that all creation is, by its very nature, one with All That Is. I recommend Unity, Unitarian-Universalist, Science of Mind, Religious Science, Centers for Positive Living, United Church of Christ, and other loved-based and open-minded churches. These wise and compassionate views recognize that there is a special plan for such tragic events.

Please read article #4 on SoulProof.com if a loved ones body has died by suicide. Read article #5 if you are considering suicide.

Universal Salvation

Enlightened understandings about the high nature of Source, humans, and afterlife naturally lead to recognition of *universal*

salvation. This concept holds that all *souls* can eventually experience a wonderful state of consciousness and embrace the Light. There are no barriers, including time, to the Infinite's love for all Its creation. You have eternity to get it right.

Universal salvation is only rejected by a few inordinately vocal and fear-based denominations that preach never-ending torment for those who don't believe in a certain way. Of all the world's established religions, said Joseph Campbell, only very conservative Christian denominations hold that a fiery eternal hell exists.

Fortunately, all religions have *enlightened denominations* that recognize the depth of Creator's love, understanding and forgiveness. Native spirituality traditions recognize the inherent oneness among all creation that points to universal salvation.

For example, Unitarian-Universalism has long led the way in recognizing universal salvation as well as advocating women's rights, enlightened mental health treatment, gay rights, and tolerance of other faiths. Early members included Henry David Thoreau, Clara Barton, Ralph Waldo Emerson, Emily Dickinson, Nathaniel Hawthorne, Walt Whitman, Dorthea Dix, Horace Greeley, Susan B. Anthony, and Thomas Jefferson.

In the 18th century, before the two groups merged, Thomas Starr King said, "The one (Universalists), think God is too good to
damn them forever and the other (Unitarian) thinks they are too good to be damned forever."

Dr. Benjamin Rush, a Universalist member, physician, and signer of the Declaration of Independence, stated: "A belief in God's universal love to all His creatures… God will finally restore all
of them who are miserable to happiness." This was a remarkable statement in an age when belief in eternal hellfire and damnation was widespread. The belief that the whole human race will be saved was condemned as heresy by church councils in 544 A.D. (18)

However, please recall that the sixth century A.D. was the Dark Ages. Might it be time to update our theologies, especially in light of contemporary evidence that supports more enlightened views?

Jack Miles, Ph.D., former Jesuit priest, and author of *God: A Biography*, stated: “Much that the Bible said about Him is rarely

preached from the pulpit because, examined too closely, it becomes a scandal." He cites examples of God destroying most humans in a flood as described in Genesis 8, a race He had created and described as "very good" just a few pages earlier. Questioning the wisdom of literal interpretations, Miles comments, "Myth, legend, and history mix endlessly in the *Bible*, and *Bible* historians are endlessly sorting them out." (19)

The Bible supports universal salvation in a number of passages.

Luke 12:32 quoted Jesus as saying, "Fear not, little flock; for it is your Father's good pleasure to give you the kingdom." In I Corinthians 15:22, the apostle Paul said, "For as in Adam all die, even so in Christ shall all be made alive." As my Grandpa Marsh used to say about this passage and the word all: "That takes in just about everybody."

Consider the Biblical story of the shepherd who left ninety-nine sheep to find the one that was lost. Matthew 18:11 and 14 recount Jesus as saying: "For the Son of man is come to save that which was lost… Even so it is not the will of your Father which is in heaven, that one of these little ones should perish." II Peter 3:9 stated: "The Lord… not willing that any should perish, but that all should come to repentance."

Other Biblical stories reflect how highly regarded humans are by Life Source. When the prodigal son returned from the "far country" or distance from right living, he was greeted with a feast and open arms. The same applies for everyone, and the Supreme's plan is not limited to a relatively few earth years. As described in Genesis 1:31, after creating humans in his own image, "God saw everything He had made, and behold, it was very good."

Some reject the concept of universal salvation because it doesn't seem to sufficiently punish wrong doers. Actually, there is an exquisitely designed system of justice: you reap what you sow until you truly repent, make amends, learn, and change for the better. Those concerned about the equitability of Creator's plan can rest assured that actions harming others produce proportionately negative outcomes that are instructive, not punitive, in nature.

You create your personal heaven or hell via the summation of your predominate thoughts, words and deeds. Your current and future experiences can be nirvanic or horrible depending

on how you live now.

Universal salvation doesn't mean that the spiritually ignorant and negative aspects of humans will survive over time. Evil and incongruous energies will pass away, but Source knows the difference between the doer and the deed. Lower and limited aspects fall away, burn up, wither, and eventually cease to exist. The hottest fires burn off impurities and yield the strongest steel.
Similarly, life's lessons ultimately teach us to embrace what—in our heart of hearts— feels good, and to release the bad or hellish.

So in that sense, yes, there is a hellfire, but not as an eternal abode. This explains the various "fire and brimstone" analogies, the "wheat and the tares" metaphors, and other scriptural parables. There is a burning or dropping away of lower consciousness. Our real selves mature over time to become more perfect reflections of Source.

No matter how dark their current station in life, all beings can accept the gift of universal salvation when they are ready. That possibility was there all the time, just waiting to be realized and claimed.

Thanks to the cumulative contributions of religion and spirituality, clinical, scientific, and firsthand evidence, you can increasingly comprehend this good news. As Trappist monk Thomas Merton said, "We are living in a transparent world, and God shines through in every moment… everywhere, in everything. We cannot be without God. It's impossible… simply impossible."

Religious Views

With this foundation of higher understandings, let us survey first religious, then spirituality input. Each religion has its own description of what happens after physical death and criteria for attaining a desirable outcome. Hindu *Bhagavad-Gita* scriptures, from the oldest surviving religion, date to several thousand years
B.C. They contain written and oral records about *nonsensate* – that which cannot be perceived with the five senses – parts of reality. The Bible described survival by Jesus and his visits to disciples on several occasions after the crucifixion.

Significant commonality exists among the various religions of the world. Each has nuggets of truth immersed within culturally

laden prejudices, political influences, and human induced inaccuracies.

Thus, the best understanding of ultimate truths, it seems to me, arises from *sifting through* great religions for common threads of wisdom.

In *The Perennial Philosophy*, Aldous Huxley described common aspects in different religions. As summarized by Dr. Willis Harmon: "When the various religions of the world and of history are studied, it is found they each fall into two types. First, each religion has one or more exoteric or public forms. These are what we usually think of when the term religion is used. They are characterized by their rituals, the architecture of their halls of worship, their revealed literature, and so on. But besides this, each spiritual tradition tends to have an esoteric or secret version, known only to an inner circle, and usually involving some sort of meditative discipline. The range of exoteric religions is fantastically diverse.

However, all of the esoteric traditions are essentially the same or, more precisely, appear to be based in some form of potentially universal spiritual experience. This common core has sometimes been referred to as the 'perennial philosophy.'" (20)

Harmon considered this philosophy to be compatible with science and described these esoteric similarities:

1. The world of matter and individual consciousness—the world of things and animals and people—is the manifestation of a divine ground within which all partial realities have their being.

2. Humans possess a double nature, a time bound ego and an eternal self. This eternal self is the spirit, the spark of divinity within the soul. It is possible for a human being to identify with the spirit—the divine ground—that is, to recognize one's own divine nature.

3. The life of a human being on earth has one purpose—to iden- tify with the eternal self and so to come to unitive knowledge of the divine ground.

One way to appreciate the similarity among religions is to compare various scriptural passages on the same theme. Jesus and Lao Tzu: The Parallel Sayings edited by Martin Aronson, and Jesus and Buddha: The Parallel Sayings edited by Marcus Borg, Ph.D., demonstrate the strong correlations among these great teachers.

Observe the common threads among the following religious quotes about immortality and our interconnectedness with E.L.G.O.D.:

- *Buddhism: "Knowing that this body is like froth, knowing that its nature is that of a mirage, the disciple passes un- touched by Death."*
- *Sikhism: "The Lord is in every heart, and within Him is my home."*
- *Christianity: "You are Gods. Those are called Gods to whom the word of God was delivered… No one who is alive and has faith shall ever die."*
- *Hinduism: "Deep within abides another life, not like the life of the senses, escaping sight, unchanging. This endures after created things have passed away… The individual soul is nothing else in essence than universal soul."*
- *Judaism: "The Lord is my shepherd… Surely goodness and mercy shall follow me all the days of my life; and I shall dwell in the house of the Lord forever."*

I'm comfortable focusing on the common ground among religions because it's a historical fact that numerous changes have altered original teachings. In Christianity, for example, original Aramaic meanings were often drastically different from the versions that abound today.

Douglas-Klotz said the Aramaic language that Jesus spoke was richly expressive and contained layers of meanings. Middle Eastern and Hebraic tradition held that sacred teachings must be examined from three points of view: the intellectual or literal, the metaphorical, and the universal or mystical. The tragedy of Biblical translation is that expressions meant to resonate many
levels of meaning were restricted to literal interpretations. Greek translations from Aramaic are part of the problem since the languages varied greatly and Greek never became the language of the native people. Hebrew was primarily a temple language at that time.

He stated, "All the major contemporary traditions of the Middle East—Jewish, Christian and Islamic—stem from the same source, the same earth, and probably the same language. All originally called God either El or Al, which meant: 'That, The One, or That

One which expresses itself uniquely through all things.' From this root arises the sacred names Elat (Old Canaanite), Elohim (Hebrew), Allaha (Aramaic), and Allah (Arabic). If this simple fact became better known, I believe there would be much more tolerance and understanding among those who consciously or unconsciously perpetuate prejudice between what are essentially brother-sister traditions." (21)

Life Source does not just reveal itself to a few men who started religions long ago. Contemporary religious teachers and seekers can have enlightened insights. As such, I learn from my own inner guidance, contemporary wisdom sources, and time-tested religions. Consider the following quotes from modern-day religious teachers:

- *"Just as a little bird cracks open the shell and flies out, we fly out of this shell, the shell of the body. We call that death, but strictly speaking, death is nothing but a change of form." - Swami Satchidananda*
- *"I am quite confident that the most important part of a hu- man being is not his physical body but his nonphysical essence, which some people call soul and others, personality… The nonphysical part cannot die and cannot decay because it's not physical." - Rabbi Harold Kushner*
- *"The body is only a garment. How many times have you changed your clothing in this life? Yet, because of this, you would not say that you have changed. Similarly, when you give up this bodily dress at death you do not change. You are just the same, an immortal soul, a child of God." - Paramahansa Yogananda*
- *"I believe there are two sides to the phenomenon known as death: this where we live, and the other side where we shall continue to live. Eternity does not start with death. We are in eternity now." - Rev. Dr. Norman Vincent Peale*

Spirituality Views

Numerous teachers and philosophers from all cultures further support the existence of an afterlife and our eternal soul natures. *Native or indigenous* cultures often had well developed and sensible cosmologies. Missionaries from orthodox religions considered them

pagan savages and tried to convert them, frequently with disastrous results. Perhaps more people are ready to respect and understand sacred wisdom of other cultures.

Shamanism is an ancient aspect of indigenous tribal spirituality. Throughout history, shamans have existed on every continent. Anthropologist Michael Harner, Ph.D., in *The Way of the Shaman*, stated: "Shamans—whom we in the 'civilized' world have called 'medicine men' and 'witch doctors'—are the keepers of a remarkable body of ancient techniques… A shaman is a man or woman who enters an altered state of consciousness—at will—to contact and utilize an ordinarily hidden reality in order to acquire knowledge, power, and to help other persons." (22)

Numerous validated shamanic events have been reported in the anthropological literature. Empirical cases that emphasize firsthand experience are also common.

Don, a participant at one of my workshops, told me about his personal experience involving shamanic work:

> My father died when I was eleven months old, so I never really knew him. I do have several of his possessions including a tennis racquet that he used. I used the racquet when I was young and recently was debating about where to store it. During that time, I began to think more and more about my father. A friend told me about a Catholic nun who is a psychotherapist and uses shamanic techniques. I scheduled a session with her and my wife observed the whole experience.
>
> The nun asked me if a loved one had died who might assist her in spirit during the soul retrieval session. I gave her my dad's name. At the end of the session, she said that my father's spirit was present and that he had a gift for me. She described him holding out his hand with a tennis racquet in it! It was an older version, not one you would find in a sporting goods store today. There was absolutely no way that the nun knew about the tennis racquet—none!
>
> I can only conclude that, somehow, my father's spirit was present and wanted to contact me with a sign that only my wife and I would understand.

Native American shamans have contributed mightily to the collective wisdom. Some of their terms are enjoying more common usage, for example, “Great Spirit” as another name for Creator, and “changing worlds” to describe what happens after physical death.
Most impressively, they had no word for the concept of fear. They found the very idea of fearing anything to be senseless since they knew life was a never-ending, albeit often changing, walk with Creator.

Tribal elders can now share ancient understandings with all people and provide another perspective that is beautifully aligned with the perennial philosophy. My friend Rainbow Eagle of the Okla-Choctaw tribe has learned from many elders and shares their teachings in his classes and book *A Walk in the Woods.*

One example of simple but profound wisdom is evident in the words of Black Elk, a shaman of the Oglala Sioux who in his later years often crawled on all fours to play with toddlers. “We have much in common,” he said. “They have just come from the Great Mysterious and I am about to return to it.”

Ancient philosophers contributed wisdom that is still quite accurate and relevant today. For example, the Greek philosopher Epictetus stated: “You have a distinct portion of the essence of God in yourself. Why, then, are you ignorant of your noble birth? Why do you not consider whence you came? Why do you not remember, when you are eating, whom you are who eat and whom you feed: do you not know that it is the divine you feed; the divine you exercise? You carry a God about with you.” (23)

More succinctly, the sixth century B.C. Greek philosopher and mathematician Pythagoras said: “Take courage; the human race is divine.” “Know Thyself” is an ancient aphorism posted over the temple at Delphi in Greece. This admonition addressed the importance of realizing one’s unending nature.

These themes are echoed in popular Higher Thought and Transcendental philosophies today. Such ideas are not kooky nor do they stem from the occult. In fact, a study of history and literature reveals there is nothing new about such ideas. Religious historian Karen Armstrong said the philosophers Plato, Plotinus and Socrates encouraged metaphysical studies without orthodox religious involvement for enlightenment.

The third century Roman philosopher Plotinus described the goal of life on earth : “We here, for our part, must put aside all else and be set on this alone… to embrace God with all our being, that there may be no part of us that does not cling to God. There we may see God and our self as by law revealed: our self in splendor, filling with the light of Intellect, or rather, light itself, pure, buoyant, aerial, become—in truth, being—a God.”

The vision of Plotinus has been echoed in other faiths such as Quakers who teach that everyone has an inner light that, once discovered and nurtured, leads the way to salvation and peace on earth. One medieval denomination, the Brethren of the Free Spirit, was based on the philosophy of Plotinus and held: “God is all that is, God is in every stone and in each limb of the human body, every created thing is divine. The divine essence is my essence and my essence is the divine essence. Everything that existed yearned to return to its divine Source and would eventually be reabsorbed into God.” (24)

Joseph Campbell said that certain themes, some of which were pre-Biblical, were present in widely different cultures that were separated by time and distance. Such motifs included catastrophic floods and saviors of virgin birth. Others included saviors who taught morality, carried or were killed on a cross, and reappeared after dying. Another recurrent theme is that believers tended to elevate their great leaders into deities. (25)

With this information, said Campbell, we can better understand the underlying themes of each person’s great potential. This expanded vision exposes the limiting effects of past church-political restrictions such as the proclamation by Theodosius I in the 4th century AD that Christianity be the only religion within the Roman Empire.

Huston Smith, Ph.D., discussed the concretization process in religious institutions that tends to freeze, dilute, or distort the truth: “Lincoln Steffens has a fable of a man who climbed to the top of a mountain and, standing on tiptoe, seized hold of the Truth. Satan, suspecting mischief from this upstart, had directed one of his underlings to tail him. But when the demon reported with alarm the man’s success—that he had seized hold of the Truth—Satan was unperturbed. ‘Don’t worry,’ he yawned. ‘I’ll tempt him to institutionalize it.’” (26)

Smith noted that religious institutions are the product of imperfect people and, as such, consist of vices as well as virtues. He recommended sifting religious institutions for their truths that reflect the greater message inherit in many wisdom traditions.

I am not criticizing organized religions, but it's a historical fact that significant change in them has occurred over time. As such, I encourage you to trust your inner voice and evaluate other sources of enlightenment. You can then perhaps benefit even more from the strengths of established religions.

Conclusions and Action Steps

Enlightened religious denominations and spirituality sources lend additional evidence about our eternal natures. Perennial wisdom envisions a never-ending chance for all people to recognize and demonstrate their inner divinity. Much evidence points to an eventual heavenly life for all—no matter what their track record on
earth. What other outcomes can there be when we really fathom the nature of One Mind, ourselves, and reality?

Action steps to consider for this category include:

- ∞ Visit churches, synagogues, mosques and temples to gain first- hand exposure to different religious teachings.
- ∞ Study texts by teachers of diverse religions and spirituality traditions.
- ∞ Talk about these topics with people who have different viewpoints.
- ∞ Pray and meditate regularly to gain more clarity about your personal beliefs.

6

Benefit

Feeling closer to and gratitude for the Source

My home is nestled among the trees on five acres with a pond, hills and many critters. Bluebirds, flitting about with their bright colors, are one of my favorite; I put five bird boxes up to encourage their stay. One spring, I noticed them building a nest in one box and kept an eye on it: first a well-made nest, then two small eggs, and later, the mother sitting on the eggs. After a bad storm, I discovered the roof had blown off the box. My heart sank as I saw two lifeless baby birds in the nest.

At first, I was angry at myself for not devising a more secure lid. Then I felt momentary anger toward Creator: what kind of world is this where precious little ones pass on before they get a chance to fly? Asleep at the wheel again, O' Omnipresent, Omnipotent, and Omniscient One?

And then I remembered.

I remembered newer and more sensible images of Source that have emerged from the collective evidence. One Mind is not a big man in the sky who controls all events: "I'll smite this one, save this one, a miracle for her, a disappointment for him."

I recalled the wealth of reports that the Light is a life-force, a power, a supreme intelligence and energy that creates, sustains,

and pervades all life. This phenomenon is an unfathomable depth of love, peace, joy, and creativity. The Ground of All Being is all and is in all. That includes you and me and those baby birds.

Having remembered, I gently scooped their shriveled bodies out and recycled those physical vehicles that their life force had
abandoned. I cleaned out the box to prepare it for the next family. I breathed deeply, recalling once again how exquisitely and perfectly designed this earthly experience is for loving, service, adventure, growth and enjoyment.

Although we are energetically immortal, our physical bodies are not.

This distinction is so very important. Some people reject any notion of Infinite Intelligence because of all the suffering they see about them. I remember counseling one man who said he used to attend church every week, taught Sunday School, prayed daily, studied the Bible, and had a great personal relationship with Creator.

Then his young son died. Years later, he was a bitter atheist and scoffed at any idea of a Higher Power.

It's important to realize that the Ground of All Being doesn't make anyone, especially children, graduate from earth school at a certain time. Good evidence suggests that we live in a free will universe in which everyone gets to choose their time of coming and going. This makes sense and answers the mournful question, "Why did God take my little baby?" To this question, well-meaning ministers have variously answered: "He works in mysterious ways." Or, "The child was used by the Lord to save lost souls." Or, my personal least favorite, "God wanted to be with your little one."

Needless to say, these answers are not satisfying to those in the midst of grief, especially those who think for themselves. In each of those answers, Life Source becomes a puppeteer or capricious dictator who mandates every detail of human existence despite the immense pain and suffering caused.

To be fair, pastors in the past did not have the wealth of evidence assembled in *Soul Proof*. As such, they could only offer their faith and what they had been taught. Faith and religious instruction are important, but much more so when paired with sensible and evidence-based knowledge.

If you create your reality – whether consciously or unconsciously – and thus choose the possibility of major events, it doesn't make sense to complain about anything. That would be like ordering a meal at a restaurant and then complaining about which foods were served.

By the way, the *prebirth planning* model does not imply determinism since you can change your mind, make mistakes, or veer from the blueprint. Ideally, you choose wisely and live

in
alignment with Life Source, but you don't have to. You need only read the daily news to know that.

Expanding our concept of the Source is critical for understanding the recurring theme that everyone is a “saved” soul who automatically inherits eternity. That’s just the way life is set up.
When you view E.L.G.O.D. as a judgmental and wrathful fellow, you fall prey to erroneous and limiting images. With this model, an eternal hell is a possibility and you wonder whether you’ll fry forever or be annihilated after death.

A more comprehensive and accurate understanding of All That Is makes such fears ludicrous. When you really grasp how loving, forgiving, and understanding One Mind is, any questions about salvation and eternal life seem silly. You are part and parcel of the Source. How can you ever really be apart from It?

Sai Baba, a contemporary avatar who lived in India, deeply knew he is a divine spark and lives accordingly. When a Western
journalist asked him, “Are you God?” he responded, “Yes I am, and so are you. The only difference between you and me is that I know it, and you don’t.”

Let me ask you a question: how hard would you struggle if someone held you under water and you were running out of air? When you desire to know the Light and your true nature that much, enlightenment is not far off. Awakening to the greater reality is
a process, but you can make quantum leaps in that direction in a short time. You can increasingly evolve toward fuller and purer reflections of your infinite and eternal self.

If you don’t yet have a meaningful relationship with Creative Mind, take a moment to pray or set an intention for that reunion. Ask and you’ll be pleasantly surprised to find the Presence within and all around. That will help you more deeply know that you are an ageless being who is forever deeply nestled within the heart of Creator.

The gifts of this relationship are many. Most of all, you can feel a heartfelt desire—not fear or obligation—to always walk with Source in thought, word and deed.

May you always deeply remember and vibrantly live out your highest nature. May you fully enjoy a rich relationship with the Source of all life, knowing that His / Her / It’s eye is on the sparrow, the bluebird, you and everyone else.

Evidence Category 7

Perinatal Evidence

While getting a bath, a four year-old boy begins to talk to his mother: “I remember when I was in your tummy… ” He tells her specific details about events that happened when she was pregnant with him. Later, the child also correctly reports what happened just before and after his birth: which family members were there, medical instruments used, tests given, and even what clothes people were wearing. The mother is incredulous; she is sure that no one has ever told him these details. How could he know what happened when he was in her womb and just a newborn?

The term *perinatal* refers to the time period just before, during and after human birth. Research on awareness during the perinatal period suggests that a wise and objective consciousness resides within the newborn baby. The perinatal experience, abbreviated as PNE, is particularly fascinating because it points to a *preexistence* of awareness that predates birth. NDE research indicates a continuation of consciousness *after* death; PNE research points to the existence of awareness *before* human birth.

In *Mindsight*, Ring and Cooper reviewed perinatal research and noted an emerging picture of a dual nature of human consciousness.
First, there is a *brain-based consciousness* (BBC) that develops as the fetus grows. In addition, however, a great deal of

empirical evidence points to a transcendent source of consciousness (TSC)
that “predates physical life and survives bodily death.” The TSC is most apparent during NDEs, mystical states of consciousness, and perinatal experiences. But the TSC is usually overshadowed by the BBC that is so predominant in our physical world. (1)

PNE research sometimes involves gathering information using hypnosis to aid memory recall from the perinatal period.
Interviewing children who spontaneously recall these events is another source of data. When reading about PNE, keep in mind that researchers prefer the terms 'mind, awareness, or consciousness" rather than 'soul or spirit.'

Research Evidence and Cases

Research by Helen Wambach, Ph.D., provided clinical information about *the timing of the soul's arrival* in the developing fetus. Dr. Wambach hypnotically regressed over 750 people and had them describe their fetal life. The existence of two separate but simultaneous sources of awareness was reported by 89 percent of her subjects. They identified more with the transcendent source of consciousness than with that of the growing fetus.

Her subjects described themselves as *disembodied minds* that hovered around the fetus and mother. This consciousness could come and go and had a telepathic knowledge of the mother's emotions. Nearly 80 percent of the subjects reported joining their preexisting consciousness (TSC) with that of the fetal brain (BBC) just before, during, or after human birth. Only 11 percent reported doing so before six months fetal age. (2)

In her book S*oul Trek: Meeting Our Children on the Way to Birth,* Elisabeth Hallett, R.N., discussed verifiable womb
memories that suggest consciousness extends beyond the 'birth-to-grave' time frame. For example, she cited cases of midwives who received accurate communications from babies in the womb.
This information, such as warnings of increased maternal blood pressure or necessary changes in positioning for easier delivery, was often clinically useful. Some nurses have also reported telepathic correspondences during prenatal appointments from in utero babies. These communications revealed important and previously
unknown details such as maternal domestic violence, high stress, or history of abuse. (3)

One documented example of a perinatal memory was reported

in *Babies Remember Birth* by David Chamberlain, Ph.D., who stated: “Jason, a three-and-a-half year-old boy, surprised his mother by saying that he remembered being born, that he had heard her crying

and was doing everything he could to get out. It was 'tight,' he felt 'wet,' and felt something around his neck and throat. In addition something hurt his head and he remembered his face had been 'scratched up.' Jason's mother said she had 'never talked to him about the birth, *never,'* but the facts were correct. The umbilical cord was wrapped around his neck, he was monitored via an electrode on his scalp, and was pulled out by forceps."

Dr. Chamberlain hypnotically regressed ten mothers and their children who had not been told any details about their births. He concluded that their reports were remarkably consistent and "dovetailed at various points like one story told from two points of view." Validated details included instruments used, people present, time of day, and other specifics of the delivery. The timing of various events was also reported accurately during these independent interviews of mothers and children. Chamberlain said
that, considering all the facts, "objectively gathered birth memories appear to be genuine recollections of experience." (4)

Rev. Jerry Bongard, author of *The Near Birth Experience*, is a Lutheran minister and counselor with more than thirty years experience.

During his work hypnotizing clients, he found that they easily recall *in-womb* and *pre-womb* recollections, that is, memories of bodiless states before joining the fetuses. Bongard believes that support for the concept of pre-existence is strengthened by the therapeutic benefits of pre-birth memories with difficult cases such as post traumatic stress syndrome in Viet Nam veterans. These experiences allow clients to see themselves as eternal beings, thereby aiding healing of emotional and physical wounds. (5)

Regarding perinatal research, Stan Grof, M.D., author of *Beyond The Brain*, stated, "I have been able to confirm the accuracy of many such reports… [Subjects] have been able to recognize specificities and anomalies of their fetal position, detailed mechanics of labor, the nature of obstetric interventions, and the particulars of postnatal care. The experience of a breech position, placenta previa, the umbilical cord twisted around the neck, castor oil applied during the birth process, the use of forceps, various manual maneuvers, different kinds of anesthesia, and specific resuscitation procedures are just a few examples of the phenomena observed." (6)

In *The Mind of Your Newborn Baby,* Chamberlain shared the case of a child who described in fascinating detail the events during and after her birth. Deborah related memories during the time *just after birth* with comments suggestive of a preexistent spirit. Her strongest concept of herself was that of an intelligent mind that knew a lot. She couldn't understand why the birth attendants just focused on her physical needs and acted like that's all there was
to her. Deborah felt frustrated that she couldn't communicate her feelings and that crying was the only sound she could make. (7)

Chamberlain comments, "The evidence supporting a physically transcendent form of consciousness… suggests that *a separate transcendent source of awareness coexists with the fetal consciousness*… a close examination of published regression transcripts reveals evidence of two intermittent streams of awareness, one assuming an in utero vantage point, the other one located outside the body of the baby…"

Children in Chamberlain's research reported witnessing the newborn from two perspectives: as the child and as an observer outside the room. They expressed confusion about this dual awareness and wondered how they could be on both sides of the window. (8)

In a journal article by David B. Cheek, M.D., a young child under hypnosis described an attempted abortion that occurred when she was six months *fetal age*. The child had not been told about the attempt and verification was obtained from the mother after the session. "[Subject]: It's before I'm born. My father is shouting, 'I'm going to kill you.' (A few seconds later, subject began screaming.
She pulled her legs up to her chest as though trying to get away from something very frightening.)… I saw that button hook coming up at me. I knew my mother was trying to get me out. [Therapist]: Then what happened? [Subject]: Nothing happened —only a little bleeding." (9)

Detailed visual descriptions that are later verified as accurate demonstrate an out-of-body vantage point similar to those reported during NDEs. These intra-uterine visual perceptions are all the more impressive when you realize that fetal eyes are closed within the womb.

Dr. Chamberlain described the case of Loretta who, as a

third trimester fetus, sensed her mother and father on the deck of a

sightseeing boat. The mother felt seasick and tried to steady herself by holding onto a rail and looking at an island. The father was worried about her and wanted to know if she was all right. The parents never told Loretta about this event after she was born, yet she accurately described many details of their outing. (10)

Another resource on this topic is Coming From the Light: *Spiritual Accounts of Life Before Life* by Sarah Hinze. She presented over thirty personal stories from parents who described connections with their children before conception and during pregnancy.
Interestingly, these prenatal communications also occurred among adoptive parents during the pre-adoption period. (11) This suggests that a deep connection can exist between a parent and child whether by biological birth or other ways.

What are the conclusions thus far about perinatal research? Dr. Wade stated: "When regressed subjects are able to give accurate, detailed visual impressions of events that occurred while they were in utero—as independently validated by third parties—there can
be little doubt that some extra-neurological, extra-sensory form of consciousness exists." (12)

After exploring all the available research on verifiable reports of consciousness before the time of human birth, Dr. Wade made the following conclusions:

- *As brain activity increases, awareness of the transcendent source decreases, perhaps due to interference or masking by increased left hemisphere function.*
- *A greater access to the transcendent source of consciousness (TSC) is enjoyed naturally by some and may be aided by ad- vanced meditation, NDE or other encounters with the Light, lucid dreaming, and other disciplines.*
- *Harmonizing of the TSC and brain-based consciousness allows a greater and more peaceful experience of both physi- cal and non-physical realities.*
- *The TSC survives physical death, but excessive attachment to material existence and tensions between the two sources of consciousness may necessitate additional life experiences.*
- *From a level of Unity consciousness, the transcendent and brain-based streams of consciousness operate as one.*

Any indications of separation or cessation of life are illusory.

Conclusions and Action Steps

Perinatal research provides additional evidence that awareness is primary. This data further indicates that the transcendent source of consciousness functions independently of the brain. The implications of these findings are life transformative on a personal and global scale.

Action steps to consider for this category include:

- ∞ Ask your parents if you or your siblings made any interest- ing comments that might have been reflective of perinatal memories.
- ∞ Ask children if they remember anything before they were born, and then listen carefully.
- ∞ Reflect upon the twin consciousness (TSC and BBC) model discussed and how you can better attend to both.
- ∞ Encourage others to be sensitive to the arriving soul's and developing baby's needs before, during, and after birth.

7

Benefit

Greater appreciation for and care of your body— the temple of your soul

A dear patient from Thailand and I were talking. Her command of the English language was limited and mine of Thai was nonexistent. When I asked her how to say ‘hello’, she replied with a word that sounds like ‘sawatdee.’ While saying it, she instinctively put her hands together and bowed slightly.

This reminded me of the word “namaste,” a traditional greeting in India that means ‘I honor the light within you, I recognize that place within each of us where we are one.’ I asked her if the word sawatdee meant anything else besides hello. She paused for a moment, trying to find the right words and then said softly, “I see Buddha.” I was deeply touched by the reverence in her words and demeanor.

Her words also reminded me of St. Paul’s statement in I Corinthians 3:16, “Know ye not that ye are a temple of God, and that the Spirit of God dwelleth in you?”

Life unfolds endlessly within and around you and everyone else. You are an unique and important being like Buddha and other great teachers.

But it’s difficult to remember and demonstrate that when you are ill, tired, depressed or in pain. Caring for the temple of your soul is an *integral part* of remembering who you are and living accordingly. After a near-death experience, people often have a renewed appreciation for their amazing body. They increasingly care for and treat it like the sacred creation it is.

Deeply realizing your essential nature as a forever being has the same effect. When you really know you are eternal consciousness
/ spirit / energy / light, you are more likely to cherish your current earthly vehicle. *At the same time*, deeply knowing who you are helps you accept the relative transience of physicality so you aren’t *overly attached* to outward beauty and youthful appearance.

The term radiant wellness recognizes that you can always look, feel, and be your very best. Wellness is a relative matter; just do the best you can given your situation. Keep yourself as youthful, energetic, and strong as possible but realize that aging, illness, or
injury might change things. Christopher Reeve was a great example of someone who took the best possible care of himself through a wide range of physical conditions.

Seven keys to radiant wellness include:

1. **Rest**: sufficient sleep, relaxation, and leisure pursuits
2. **Activity:** stretching, cardiovascular training, resistance train- ing, and an active lifestyle
3. **Diet:** eating fresh, healthfully raised, unprocessed, chemical free, non-genetically modified and non-radiated foods; drink- ing lots of pure water; taking excellent whole food supplements for healing and wellness
4. **Inner Cleanse:** regular removal of the body's waste products via bowel movements, urination, sweating, and deep breath- ing; sauna, hot baths, and purification programs for detoxing; avoid cigarettes, drugs, and excess alcohol
5. **Awareness:** loving relationships; meaningful life work; posi- tive attitude; centering practices such as meditation, time in nature, breath work, yoga, and other ways to quiet the brain so your body and consciousness work together harmoniously
6. **Natural Health Care:** specific chiropractic adjustments, cranial adjusting, acupuncture, massage therapy, hypno- therapy, reflexology, and energy work; nutrition-based healing methods using Standard Process and MediHerb or similar whole food and herbal supplements to help your body heal the root causes of physical and mental symptoms
7. **Transcendence:** cultivate a greater knowledge of your infinite nature via prayer, meditation, study, worship, support groups, and centering practices

My book *Radiant Wellness*, available under Shop at SoulProof.com, shares information and strategies for optimal holistic health. These time-tested methods can, when used consistently over time, transform you to the glorious levels of life you deserve.

Assemble a holistic health care team because no single practitioner can cover all the bases. The solution for physical symptoms may not necessarily be physical treatment. Physical imbalances can cause, or be caused by, mental and spiritual imbalances. For example, you may feel depressed or alienated

because of mineral or other nutritional deficiencies. An existential malaise may be contributing to your depression. The quality of my life became immeasurably better—physically, emotionally, and spiritually—with a real food diet, whole food supplements, and optimal self-care.

Anything can cause anything.

Follow healthy principles most of the time, but also enjoy an occasional break from your routine. Adopt a healthy lifestyle that makes you feel vibrantly alive now and in the years to come. *Living well*—an art few have mastered—is part of caring for the soul's temple.

Many years ago, multiple personal challenges tested my reserves.
I experienced major sadness, loneliness, and discouragement after broken relationships, financial loss, and unfulfilled dreams. I could have blamed the adversity and justified being stuck and wounded for the rest of my life.

However, I found that my religious / spiritual foundation and holistic health practices *held strong* through the tempest of those trials. The question, "How would an awakened being handle these difficulties?" periodically floated up amidst more hopeless thought patterns. That reminded me I was going through a temporary dark valley and to keep my eyes on the light.

As the saying goes, 'Two men looked through prison bars: one saw mud, the other stars.'

Over time, I was able to upgrade those formidable struggles into an even deeper relationship with my higher energy assistants and Source, dear family and friends, and inner self. I grew in compassion and empathy for the many people whose suffering made mine look paltry. My ability to deeply feel, love, and care was heightened as I transmuted my own pain and sadness into service to others. I came to realize that every day presents a new opportunity for choosing peace, joy, love, gratitude, and enthusiasm.

The keys to thriving despite – or, more accurately – because of tough times are different for each person. Practices that helped me were: prayer, meditation, yoga, exercise, extra rest, friends and family, real food nutrition and whole food supplementation, body
and energy work (chiropractic adjustments, acupuncture, massage,

reflexology), embracing the pain instead of avoiding it, breath work, and taking one day at a time.

I'm back on top of the mountain now, stronger and more dedicated than before to help others *know and show* their magnificent potential. Facing those challenges head on deepened my strength of spirit. And that, in turn, allowed me to shine more brightly no matter what is going on around me.

An earthly experience can be difficult and painful, no doubt about it. But good evidence indicates that you chose, consciously or unconsciously, certain events. It's also clear that you have what it takes to flow through life with style and enjoy the ride.

You are and eternal and indestructible soul who is part and parcel of All That Is, right now and always. Optimal self care can help
you better remember the wisdom of using words like *namaste* and *sawatdee* that denote your lofty potential and sacred nature.

Evidence 8

Evidence of Cyclical Life Experiences

Four prominent men believed what they called reincarnation. It just made sense, they said, and explained many mysteries of life. It seemed to be part of a universal plan that conserved energy and knowledge from one lifetime into another. They believed that never-ending, but periodically changing, lifetimes assisted soul growth and found that notion to be a guiding light.

These men are highly respected in American history, but you may not have known about their beliefs. Who were they? Benjamin Franklin, Henry Ford, Thomas Edison, and General George Patton.

Reincarnation is one term for the theory that you can experience not just one, but an infinite number of experiences throughout eternity. Although this concept may seem strange or foreign to some, it answers a number of questions that people of all ages have wondered about.

When I was ten years old, I sat in church and looked through its stained glass windows as the minister talked about his understanding of heaven. “One day,” he said, “we all will be walking on golden streets and playing golden harps forever.” Even at that young age, I thought: “Wouldn’t that get old after a while?”

Think about it for just a moment. How long could you play a harp—even a golden one—before you would desire to play

a different instrument: a piano, a guitar—even an accordion? Diversity and change make life more interesting and rewarding.

A model of *never-ending but periodically changing experiences throughout eternity* answers many questions.

Once the meaning of a word has become well established, it is difficult or impossible to change it. For example, I use alternate terms for *God* and *soul* because those terms often have limiting or erroneous meanings. For several reasons, the same challenge exists for the word *reincarnation:*

1. Some people mistakenly associate that term with the occult or cults. As such, that word can negatively trigger misinformed persons with very conservative religious beliefs.

2. Dualistic concepts associated with the word imply experiencing reality as different people in separate places

3. The word conveys a sense of having only one life experience at a time.

By contrast, the collective evidence indicates:

1. The concept of more than one lifetime has been and still is ac- cepted by many religions and cultures across time.

2. Life Unfolding is most like a series of virtual reality events that your eternal self chooses to experience. From this perspective, life is much like a series of dreams or thoughts.

3. Part of your soul's energy is energizing your current physical body. Another part can experience parallel realities that may seem, from a limited human perspective, to be formed or form- less. At the same time, your essence never really left Home / the One.

As such, I will instead use the term cyclical life experiences to describe the open-ended and never-ending possibilities for exploring All That Is. Further, I recommend using the acronym CLE for cyclical life experiences, much as NDE is increasingly used for near- death experiences and ADC for after-death communications.

Before examining the evidence for CLEs, let's examine three common models about the nature of life.

Model A: If you are like many people in western cultures, you were taught that your life began with an earthly birth

date. Your earthly life can last anywhere from a few minutes to many years and then you die. After that, you sleep in the ground for a long

time until some judgment day where you are consigned to eternal heavenly delight or burning torment.

In this model, that *one brief lifetime determines your fate forever*. Never mind that you were molested, raised by alcoholics, influenced by an atheistic family, born a crack baby, struggled with mental illness, or…

It's a fairly bizarre model for a deranged human, let alone for the wisest and most loving power and intelligence that exists. This model didn't make sense to me in my youth and it seems even stranger now. This model is like a kindergarten understanding of reality.

Model B: The concept of CLEs throughout eternity is a more comprehensive description of reality. This model allows for the eventual evolution of all beings since you have more than just one earthly incarnation to learn and grow.

This model is a vast improvement over model A's conventional teachings. To extend the analogy, model B is like a *high school view* of reality. However, this model appears to be only relatively true because it implies dualism and all that goes with that.

Richard Bach's character in *Running From Safety* perhaps said it best:

"Do you believe in reincarnation?"

"No. Reincarnation is a series of lifetimes, isn't it, one after the other, in order, on this planet? That feels a little limiting, it fits a little tight across the shoulders."

"What fits you better?"

"An infinite number of beliefs of life experiences, please, some in bodies, some not; some on planets, some not; all of them simultaneous because there is no such thing as time, none of them real because there's only one Life."

Model C: In this view of reality, your life consists of *an uninterrupted and interconnected series of life experiences throughout eternity*. Any seeming appearance of separateness is a function of your golf ball perception of Mt. Everest. Life is, fundamentally, a dance of energy as Creative Mind expands and evolves Itself. Your consciousness has endless opportunities to experience this field of all possibilities.

In this model, bodily death is not viewed as the beginning of a long sleep. Rather, death is a gateway to another aspect of eternity's splendor. Further, time and space are understood as being only relatively real.

For those awakening to the greater reality, death can be seamlessly experienced as a non-event. It is most like walking from one room into another. Birth and death are realized to be no big deal, mere commas amidst a never-ending odyssey. You can then best comprehend and demonstrate your high nature as an infinite and eternal being of energy, consciousness, spirit.

Model C is like a *graduate school* level of understanding reality.

∞ ∞ ∞ ∞ ∞

How can you rise above a kindergarten and high school level of understanding and live from a graduate school level?

Knowing the vast amount of evidence in this chapter is one way. Having a spiritual support group to help you see through limited perceptual induced illusions is another. Optimally caring for the temple of your soul helps you expand your world view and handle the higher current that accompanies awakening to the greater reality.

The evidence for CLEs is vast and varied. Categories of proof include religious and spirituality input, philosophical arguments, and clinical evidence. The third category includes: classic proofs, curative evidence, similarities between lives, past life regressions, past life memories, and the research of Ian Stevenson, M.D.

Religious and Spirituality Input

Many religions and indigenous wisdom sources teach about a cyclical series of lifetimes. This enduring belief surfaced independently across the world among billions of people on every continent. Having multiple lifetimes is a major tenet of Hinduism, Buddhism, and Sufism—a mystical branch of Islam. This belief is also part of several Jewish and Christian denominations. Native spirituality teaches the changing but unending nature of life.

Rabbi Zalman Schacter-Shalomi said, “In mystical Judaism, we believe in reincarnation. It’s call *gilgul*. We believe each time we incarnate, we move a step forward. Coming down (to earth) one time prepares me for the task I have to do the next time. Whatever I conclude in this lifetime, if I come back again, I can take up from where I left off—not with the same memory, mind you, but with the same traces and vibrations and merit and clarity and God- connection that I had. Then I can go farther in the next incarnation to provide more input. If I learned a lot this time around, I get to teach the next time around! If I did wrong this time, I may get a chance to fix some of the wrong I did.” (1)

Jewish historian Simcha Paull Raphael concurs: “Reincarnation is at the heart of esoteric Judaism, called the Kabbalah.” *The Book of Splendor,* a collection of mystical teachings also called the Zohar, is the principal text of the Kabbalah. He continues, “The Book of Splendor traces the cycle of death and rebirth, called *gilgul*, which means both ‘wheel’ and ‘transformation.’ It teaches that each incarnation is a unique mission comprising lessons to be learned, commandments to be fulfilled, and deeds to be performed to balance wrongs committed in former lifetimes.” (2)

The Hindu scripture, *Svetasvatara Upanishad,* stated: “This vast universe is a wheel. Upon it are all creatures that are subject to death and rebirth. Round and round it turns, and it never stops. It is the Wheel of Brahman. As long as the individual self thinks it is separate from Brahman it revolves upon the wheel. But when through grace of Brahman, it realizes its identity with him, it revolves upon the wheel no longer. It achieves immortality.”

The Tibetan Book of the Dead stated, “Thine own consciousness, shining, void and inseparable from the great body of radiance hath no birth, nor death, and is the immutable light—Buddha Amitabha.” (3)

Christian theologian Dr. Leslie Weatherhead stated, “Can Christians believe in reincarnation? I think they can. That is to say, I don’t see anything in this theory which contradicts the Christian position. In our Lord’s time, it was part of the accepted beliefs of everybody. Indeed, it was accepted by the Christian church until 553 A.D. when the Council of Constantinople rejected it by a very narrow majority. And, after all, five hundred million Buddhists and Hindus accept the idea of reincarnation. To brush away an idea so

tenaciously held by such an enormous number of our fellows, including some very great saints and scholars, seems to me a thing one should hesitate to do." (4)

In *The Case for Reincarnation,* Unity School of Christianity minister James Dillet Freeman said it is one of the oldest and most universal ideas human beings have had. He has written and lectured extensively about the topic in the hope that others will find meaning in what often appears to be a meaningless world. Rev. Freeman viewed the model of multiple lifetimes as completely compatible with the important teachings of Christianity. (5)

As described in *Many Lives, Many Masters*, Brian Weiss, M.D., learned from his comparative religion studies at Columbia University: "There were indeed references to reincarnation in the Old and the New Testaments. In A.D. 325 the Roman emperor Constantine the Great, along with his mother Helena, had deleted references to reincarnation contained in the New Testament. The Second Council of Constantinople, meeting in A.D. 553, confirmed this action and declared the concept of reincarnation a heresy."

Weiss continues, "Apparently, they thought this concept would weaken the growing power of the Church by giving humans too much time to seek their salvation. Yet the original references had been there; the early Church fathers had accepted the concept of reincarnation. The early Gnostics— Clement of Alexandria, Origen, Saint Jerome, and many others—believed that they had lived before and would again." (6)

Several passages in the Bible suggest that multiple lives were considered as at least a possibility. For example, in John 9:2, the disciples asked Jesus: "Rabbi, who sinned, this man or his parents, that he was born blind?" A person born blind to learn from past transgressions could only have sinned in a previous life. Why would the disciples have asked this question unless they were familiar with the possibility of previous lives? An understanding of cyclical lives helps explain another otherwise abstruse passage in Rev. 3:12: "Him that overcometh will I make a pillar in the temple of my God, and he shall go no more out."

Matthew 17:12-13 relates Jesus as saying: "'Elijah has already come, and they did not know him, but did to him whatever they pleased. So also the son of man will suffer at

their hands.' Then the disciples understood that he was speaking to them of John the

Baptist." Matthew 11:11-15 recounts Jesus saying, "Truly, I say to you, among those born of women there has risen no one greater than John the Baptist… and if you are willing to accept it, he is Elijah who is to come. He who has ears to hear, let him hear."

Philosophical Arguments

In Western cultures, powerful taboos still exist against topics like CLEs. Social and religious half-truths and mistruths are taught to children who trust that power structures teach unbiased truths. Parents, teachers, and clergy may be well meaning, but much evidence suggests they would be wise to openly examine this subject.

Those who believe in CLEs are bucking societal sanctions that have been especially intense since the inquisitions and crusades in Europe and the witch hunts in America. Despite this and the lack of education in the West about the topic, a substantial number of people believe in it. Roger Woolger, Ph.D., stated, "A 1982 Gallup poll, for instance, revealed that nearly one American in four believed in reincarnation, while in Britain, polls by the conservative Sunday Telegraph showed that belief in by the general public had risen from 18 to 28 percent in a ten-year period." (7) A 2005 Gallup poll shows those numbers to be about the same.

Throughout history, great philosophers, authors and famous people—along with a majority of the world's population—have believed that we have not just one, but many lives. Famous people with this belief include: Plato, Socrates, Pythagoras, Plotinus, Origen, St. Augustine, Cicero, Marcus Aurelius, St. Francis of Assisi, Hume, Kant, Hegel, Schopenhauer, Nietzsche, William James, Henri Bergson, Goethe, Hugo, Sand, Blake, Wordsworth, Whitman, Shelley, Kipling, Voltaire, Tennyson, Browning, Alcott, Emerson, Thoreau, Poe, Whitman, Wagner, Leonardo da Vinci, Ben Franklin, Luther Burbank, Edison, Henry Ford, Edgar Cayce, and George Patton.

Consider the following quotes about cyclical life experiences:

- *"I am certain that I have been here as I am now a thousand times before, and I hope to return a thousand times."*
  - *Goethe*
- *"There is no 'death,' only a change of worlds."*
  - *Dwamish tribe Chief Seattle*
- *"As far back as I can remember I have unconsciously re- ferred to the experiences of a previous state of existence."*
  - *Thoreau*
- *"Believing as I do in the theory of rebirth, I live in the hope that if not in this birth, in some other birth I shall be able to hug all humanity in friendly embrace."*
  - *Mohandas D. Gandhi*
- *"I know I am deathless. No doubt I have died myself ten thousand times before. I laugh at what you call dissolution, and I know the amplitude of time."*
  - *Walt Whitman*
- *"My doctrine is: Live so that thou mayest desire to live again – that is thy duty – for in any case thou wilt again!"*
  - *Nietzsche*
- *"It is not more surprising to be born twice than once; every- thing in nature is resurrection."*
  - *Voltaire*
- *"Forget not that I shall come back to you… A little while, a moment of rest upon the wind, and another woman shall bear me."*
  - *Kahlil Gibran*
- *"It is the secret of the world that all things subsist and do not 'die,' but only retire a little from sight and afterwards return again."*
  - *Ralph Waldo Emerson*

Binder and Hogshire stated that Henry Ford believed in reincarnation: "It was, he said, the inescapable conclusion he had reached after giving it the same kind of hard analysis he gave to automobile manufacturing. For him, it helped make

sense of mankind's recurring question: Why am I here? Ford said,

‘Religion offered nothing to the point for me. When I discovered reincarnation, it was as if I had found a universal plan… . Genius is experience. Some seem to think that it is a gift or a talent, but it is the fruit of long experience in many lives. Some are older souls than others, and so they know more.’”

Benjamin Franklin also concluded that reincarnation offered the only rational explanation for life on earth: “When I see nothing annihilated and not a drop of water wasted, I cannot suspect the annihilation of souls, or believe that God will suffer the daily waste of millions of minds ready made that now exist, and put Himself to the continual trouble of making new ones. Thus, finding myself to exist in the world, I believe I shall, in some shape or other, always exist; and, with all the inconveniences human life is liable to, I shall not object to a new edition of mine, hoping, however, that the mistakes of the last may be corrected.” (8)

World War II hero General George Patton also came to believe — based on personal experience—that we live over and over again. For him, the idea of multiple lifetimes served as his guiding light in his brilliant military career. He offered stunning proof that his claims were true. In North Africa for the first time, Patton led others to little-known Roman ruins, the site of an ancient battlefield, and said that he had been there before with the Roman Army.

Edgar Cayce was an orthodox Christian Sunday school teacher when he began giving psychic readings while in a sleeping trance. From this deep state, Cayce accessed other sources of wisdom and shared teachings from his soul’s accumulated lessons over many lifetimes. These understandings included the concept of multiple lives as described in *Edgar Cayce On Reincarnation* by Noel Langley and other books.

Cycles in nature suggest a similar series of life stages for humans beyond bodily death. Consider nature’s seasons, ocean tides, sunrise and sunset, lunar stages, and metamorphoses of moths and butterflies. Surely your soul / awareness has as much a chance to return again if it wants or needs to. Look at all the stages between human birth and death: infancy, childhood, adolescence, adulthood, and the senior years. Why shouldn’t this succession of stages continue before and after bodily death?

Another philosophical argument for CLEs is the vastness of the universe. Astronomers report hundreds of billions of stars

in each

galaxy and hundreds of billions of galaxies in the known universe. Given the magnitude of creation, isn't it conceivable there are more options than just one earthly life then nothing at all, or heaven
or hell for eternity? It's rather closed minded to rule out that possibility. Eleanor Roosevelt agreed with Voltaire that the idea of being born again didn't seem any more fantastic than being born this time.

A cyclical system of lifetimes is one way I can understand the paradox of an omniscient, omnipresent, omnipotent Creator and the multitude of sufferings on earth. Life Source allows freedom of choice even when your choices, or those of others, result in
suffering. Earthly suffering that seems to last so long exists for only a blink of an eye when compared to the span of eternity. A greater knowledge of your immortality helps you make better decisions about right living.

The statement "we all are created equal" is a cruel joke from a purely earthly perspective since a great and seemingly unjust array of inequities exists. From a *greater reality viewpoint*, however, each person is created equal as an indestructible being of energy that is inseparable from Creator. Only from this perspective can earthly events make sense.

For example, if this life is all there is, what about criminals and societal offenders who get off scot-free? What about those who don't seem to get a fair shake: children who cross over at a young age, the mentally retarded, addicts, and those who suffer greatly? If there
is only this one chance on earth, justice clearly does not always prevail and many people have a valid grievance.

While we're examining apparent injustices, are we really to believe that our short lives on earth determine our fate *forever?* That those relatively few years—with all the confusion, pain, imbalance, temptation, fear, and ignorance on earth—determine whether we frolic in heaven or roast in hell for eternity? An all loving and wise Creator can surely do better than that. CLEs are the *great equalizer* that explain apparent human injustices and other existential quandaries.

Of life's seeming inequities, Rev. James D. Freeman said, "The only reasonable way I can explain this, unless I believe the whole thing has no meaning and is an accident, is to

believe in
reincarnation… because I believe in God and believe that He's love

and intelligence, I also believe I'm growing to be the spiritual being He made me to be. I have lived before and I will live again. My life is what it is now because of what I was in former lives, and my future life will be what it will be because of what I am now… To me it's the only way you can make this life make sense." (9)

As discussed, a series of life experiences also provides richness and variety. Imagine watching the same movie day after day for millennia – how boring and limiting would that be? People on earth enjoy reading different books, visiting various locales, and admiring the arts. Similarly, limitless lives provide souls with *endless opportunities* for loving, service, adventure, growth, and enjoyment.

An understanding of how life is set up helps explain other philosophical quandaries. For example, altruistic acts that endanger ones life have long puzzled social scientists. The instinct for survival is usually paramount, yet some people have risked or lost their lives trying to save complete strangers. Perhaps in a moment of unselfish passion and recognition of human need, the higher self shines through and overcomes basic instincts. That is, unconscious knowledge of the soul's imperishability might overcome ego-based concerns for self-preservation. Or perhaps the person in need wasn't a complete stranger, but was connected through one or more past lives.

Finally, consider the attraction between couples of widely varying age, appearance, or interests. Perhaps they unconsciously recognize a familiar being in each other that renders physical criteria less important. Other couples who stay together despite marked unhappiness may need to heal quarrelsome patterns that have resurfaced over lifetimes.

Clinical Evidence

Classic Proofs

The phenomena of child prodigies, familiarity, and xenoglossy have long been identified across cultures and further suggest the existence of multiple lifetimes.

Child prodigies have demonstrated amazing abilities in music,

mathematics, and other fields. Some have displayed virtuoso

musical abilities despite little or no practice at that instrument. Mozart, for example, composed a concerto at age four.

In *How To Know God*, Deepak Chopra, M.D., described the most famous musical prodigy of the present generation, Russian pianist Evgeny Kissin. His mother vividly recalls that her one- year-old hummed Bach melodies in perfect pitch. "And as soon as Evgeny could toddle, he made his way to the family piano and began to pick out the same Bach exercises that he had heard his older sister practicing. These were just the first signs exhibited by a child prodigy who was composing music at six and performing
both Chopin piano concertos in a single concert at age thirteen—a prodigious feat even for an accomplished virtuoso."

Chopra continues, "People who spend time with geniuses and prodigies often find them unearthly, somehow preternatural, as if a very old soul has been confined to a new body and yet brings in experience far beyond what that body could have known. It is easy to credit that some kind of former life is casting its influence on the present. Speaking of his own experience, one musical prodigy stated, 'It is as if I am playing from outside my own consciousness. The music comes through me. I am the conduit, not the source.'" (10)

Familiarity is another puzzling occurrence unless your essence has indeed accessed more of the greater reality beyond this earthly experience. Familiarity involves having *detailed knowledge* of a particular historical period, place or person one has never studied, visited or met. For example, some people, upon arriving at a city for the first time, intimately know directions and locations of landmarks.

Even more common is the occurrence of meeting someone for the first time and having a strong sense of having known each other.
This may partially account for the instant fondness or dislike you feel toward new acquaintances. Familiarity has been validated many times during past life regressions and spontaneous past life memories.

Xenoglossy is the phenomenon of being able to speak one or more languages fluently without any exposure to them in the present lifetime. In *Reincarnation: The Phoenix Fire Mystery*, Cranston and Head relate the story of Dr. Marshall McDuffie, a

prominent New York physician, and his wife Wilhelmina whose: “…twin baby boys

were found to be conversing among themselves in some unknown vernacular. The children were eventually taken to the foreign language department of Columbia University, but none of the professors present could identify their speech. However, a professor of ancient languages happened to pass by and was amazed to discover that the babies were speaking Aramaic, a language current at the time of Christ." (11)

Dr. Frederick Lenz described a mother's account of her daughter's nighttime xenoglossy. The parents were awakened by the sound
of a strange voice coming from the bedroom of their six-year old daughter. They found her talking in her sleep, speaking rapidly in French. The mother stated, "My daughter is six and has never been outside this country and has never been exposed to anyone who speaks French." When this happened several nights in a row, the parents taped the conversation and took it to a local French teacher. "She listened to it and told us that the little girl (our daughter) on the tape was looking for her mother, who she had been separated from when her village was attacked by the Germans. She said the little girl seemed to be lost and, judging from her tone of voice, was very distressed. It is my feeling that our daughter lived before in a village in France and probably died in one of the world wars." (12)

Curative Evidence

Healing of various emotional and physical disorders by past life regression or spontaneous recall presents additional evidence for CLEs. The existence of unexplainable phobias, for example, a severe fear of guillotines in the 21st century, suggests that unresolved traumas may have been carried over from past lives. Cures of these difficult disorders are especially impressive since they are often spontaneous and occur after numerous orthodox approaches have failed. These therapeutic recoveries are often total and lasting.

Hans Holzer, Ph.D., described Israeli bio-energetic healer Ze'ev Kolman's abilities to know and use past-life information. Said Holzer, "Increasing numbers of doctors take quite seriously symptoms caused by situations in previous lives that are unknown to the sufferer, because there are positive results to

back them up.

When the patient understands the origin of the affliction, it appears that the matter is solved." (13)

Margie, a sixty-five year-old woman who suffered with chronic and severe back pain, was referred to me for a past life regression by her integrative medical doctor. Margie had literally tried everything: chiropractic, physical therapy, acupuncture, hypnosis, injections, medications, massage, and energy work. But none of these healing approaches diminished her pain.

Despite being deeply relaxed during our session, Margie became quite agitated as she described her life during medieval times as a servant girl to an evil and powerful man. Margie described being raped and abused by this man over a period of several years. She could not escape and could not bear to live that like anymore.
While crying and trembling, she described trying to stab him so he wouldn't hurt her anymore.

But her frail attempt was thwarted and the man stabbed her in the back several times—directly over the area where her chronic pain was. After this cathartic session, Margie reported feeling 75% better. Her improvement grew over time and persisted two years later when I last heard from her.

Michael Newton, Ph.D., resisted requests for past life regressions until he worked with a man who suffered with severe pain. He stated, "This client complained of a lifetime of chronic pain on his right side. I eventually uncovered his former life as a World War I soldier who was killed by a bayonet in France, and we were able
to eliminate the pain altogether… I came to appreciate just how therapeutically important the link is between the bodies and events of our former lives and who we are today." (14)

Patricia Austrian believed that a potentially fatal tumor in her child Edward was cured when he remembered a past life. As
reported by Carol Bowman, M.A., from the time he could first talk, little Edward would point to his throat and say, "My shot hurts, my shot hurts!" He had trouble swallowing and his parents thought he was comparing his throat pain to getting an injection. A specialist found a large cyst in his throat and scheduled a tonsillectomy
first before removing the growth several weeks later. Just after the tonsillectomy, Edward said "the shot" was gone. His

parents assumed he was delirious from the anesthetic.

Bowman wrote, “Then his utterances became even stranger. He told them that *when he was big before,* he had been a soldier in France named Walter… a bullet hit him from behind and lodged in his throat. Four-year-old Edward then gave what was, his physician father attested later, a clinically accurate description of dying from a bullet wound in the throat—grisly details that very few adults, let alone a four-year-old, would know. He repeated his story, word for word, over the next few days.” The parents were puzzled as to how their child would know such accurate details. Within three days,
the growth had completely disappeared. The surgeon was amazed by his spontaneous remission and expected it to return, but it hadn’t ten years later. (15)

You and your loved ones may experience healing under hypnosis from a trained professional. I’ve also created an audio product for use at home: *Past Life Regression* available under Shop at SoulProof.com.

Similarities Between Lives

In his book, *Where Reincarnation and Biology Intersect*, Ian Stevenson, M.D., discussed the occurrence of similarities between lives. He showed pictures of people in present and purported past lives, noting physical resemblances such as present day birth marks or deformities associated with past life injuries. I’ll discuss Stevenson’s work more fully later in this chapter.

Walter Semkiw, M.D., also researched this phenomenon extensively. He holds that, from lifetime to lifetime, people tend to exhibit similar physical characteristics and persistent personality traits. Many of the physical resemblances Semkiw shows are striking and eerily similar. Moreover, he identified similar modes of expression, such as writing styles. Symbols and synchronistic events that reflect important features of a person’s past lives, he claims, were often found in a current lifetime. Dr. Semkiw used public records and historical archives to document these parallel features.

His book *Return of the Revolutionaries* shows numerous pictures of people as they look now and as they did in purported past lives.

Some of them discovered their past-life connections by spontaneous

memories, dreams, or input from mediums or psychics. Dr. Semkiw investigated a number of these in depth and considers their cases to be authentic. The subject of one of his cases, Nobel Laureate Kary Mullis, Ph.D., has proposed testing of current and alleged past life tissue samples for DNA comparison. (16)

Past Life Regressions

In this section, I will discuss *hypnotically induced* past life regressions (PLR) as opposed to spontaneous past life memories. PLRs are designed to help people remember supposed past lives. A deeply relaxed or hypnotic state facilitates a calm but clear state of mind with less mental chatter. Quieting the brain's frenetic analysis may allow perceptions not usually accessible in the waking state.

To skeptics who charge that PLR subjects are deliberately lying about their experiences, Edith Fiore, Ph.D., author of *You Have Been Here Before*, responded, "If so, most should be nominated for Academy awards. I have listened to and watched people in past-life regressions under hypnosis for thousands of hours. I am convinced there is no deliberate, nor conscious attempt to deceive. The tears, shaking, flinching, smiling, gasping for breath, groaning, sweating and other physical manifestations are all too real." (17)

Dr. Weiss said that he has received thousands of phone calls and letters from psychiatrists, psychologists, and other therapists who have done past life regressions for up to twenty years. He stated, "The letters describe detailed accounts of past-life recall, of patients recalling names, dates, and details of lifetimes in other
cities, countries or continents. Some patients have found their 'old' names in the official records of places they have never even heard of, let alone visited, in this lifetime. Some have found their own tombstones." (18)

In *Reliving Past Lives*, Helen Wambach, Ph.D., described evaluating over a thousand cases of detailed past lives and stated, "I reasoned that if past-life recall were fantasy, my subjects would include material in their regressions that I could prove could not have been true. They might have seen anachronisms of one kind or another—clothing and

architecture that were completely wrong for the time period and place they had chosen—or a climate and

landscape that would not match the map they flashed on. To my surprise, I found only eleven data sheets out of the 1,088 I had collected that showed clear evidence of discrepancies."

Wambach analyzed these accumulated past life recollections and compared them for historical accuracy in the areas of social class, race, gender, clothing, diet, population ratios, and causes of death in particular time periods. For example, she found that 49 percent of past lives were lived as women, while 51 percent were those of men—just about what one would expect in a random distribution, not a hoax.

She also found that the number of lives reported around 1600 A.D. was twice that reported around 400 A.D. This number doubled once more around 1850, exactly duplicating the actual increase
in the world's population. It is difficult, if not impossible, to believe that a group of randomly selected participants in past-life regressions could have co-coordinated their efforts to pull off such a colossal statistical hoax.

Wambach concluded, "All the data described in this chapter tended to support the hypothesis that past-life recall accurately reflects the real past rather than that it represents common fantasies." (19)

Joel Whitton, M.D., Ph.D., is a professor of psychiatry at the University of Toronto Medical School and co-author with Joe Fisher of *Life Between Life*. They relate Whitton's clinical work with a client named Harold who, when hypnotized, described a former life as a Viking raider. Although he had never studied a foreign language in his life, the man spoke comfortably and confidently in a strange tongue that experts identified as ancient Norse.

Working independently, linguists who spoke Icelandic and Norwegian identified and translated some of these words. Several other words seemed to have a Russian, Serbian or Slavic derivation and these were also identified. One language expert stated, "It would be appropriate for a Viking to speak a language which contained words and phrases of other tongues in that period. I would say this could fit the language pattern of the roving Viking."

During another past life recollection, Harold wrote what looked like a scribbles. The alphabet he used was identified by researchers as a long-extinct script used in Mesopotamia. That

language bears no relation to modern Iranian and hasn't been spoken for more than

1300 years. Of Harold's past-life regression experiences, Dr. Whitton stated, "To me, the case remains one of the most convincing arguments I've seen for evidence of reincarnation." (20)

One final example of a PLR with validation features was provided by Dr. Weiss. Diane, an R.N., was unmarried and had been looking without success for a soul mate relationship. During a past-life regression with Weiss, she recalled an earlier lifetime as a pioneer woman who hid with her baby from Indians. To keep the baby quiet, she covered his mouth with her hand. Her baby, who had a crescent shaped birthmark beneath his right shoulder, died as she accidentally asphyxiated him.

Several months after this regression, she treated a man with asthma at her hospital job. She nearly fainted when, while listening to his lungs, she saw a crescent shaped birthmark below his right shoulder. Both experienced an instant familiarity and connection that led to dating and a happy marriage. (21)

As mentioned, you can experience a past life regression with a specially trained therapist. I've also created an audio product for use at home: *Past Life Regression* available under Shop at SoulProof. com.

Children's Past Life Memories

Past life memories, which I abbreviate PLMs, are another category of evidence for cyclical lives. PLMs occur spontaneously, that is, without the aid of hypnosis, while the person is awake or dreaming. There are many validated cases of this type in
the literature.

The following past life memory came during dreams and waking visions as described in the book *Across Time and Death* by Jenny Cockell. As a child, Jenny had vivid, recurrent dreams of dying from a fever and leaving behind eight young children. She awakened from these dreams sobbing and feeling terribly sad and guilty about leaving them. While very young, Jenny began drawing maps and scenes of a small Irish village and continued to do so over the years.

As an adult, she traced her former identity to Mary Sutton

who had indeed died from a fever and had eight children. She traveled

to Ireland and had emotional reunions with Mary's now grown children who verified that Jenny knew details that only their mother could have known. After this contact with her children, Jenny no longer suffered from the recurrent dreams, guilt, and sadness. (22)

A psychology graduate student told Dr. Weiss about an evidential dream that occurred when the student's wife was four months pregnant and the gender of the baby wasn't yet known. In a vivid dream, his unborn daughter told him her name, immediate past life, life purposes, and why she chose to be born to them. He awakened and turned toward his wife who said that she, too, had just experienced an amazing dream. While comparing notes, they were astounded to find all the details were the same. That both parents simultaneously and identically had the same dream strengthens the indication that an actual spirit visit happened. To further validate the information, a beautiful daughter was born five months later. (23)

Many young children have spontaneously reported past life memories. Carol Bowman relates a PLM case from England as reported by Peter and Mary Harrison in *The Children That Time Forgot*: "Desmond had been playing with his toy cars on the floor when he told his mother, without any prompting, 'You know, Mummy, I went to Aunty Ruth before I came to you, but I didn't stay there very long.' His mother was stunned to hear her three-and a-half-year old say this. Her sister-in-law, Ruth, had given birth to a stillborn son ten years before. But the family had a pact to never speak of it because it had been so traumatic for her. Desmond could never have overheard anyone discuss it." Describing his time in Ruth's womb, Desmond said, "One time I went to sleep, but when I woke up again I wasn't with Aunty Ruth any more."

A final case was reported by Hilda Swiger, a grandmother from Florida, whose son Richard was killed at the age of twenty-eight in a car accident. Hilda often dreamed about Richard until her other son's wife was pregnant. When her grandson Randy was born, she felt an immediate strong connection and hoped it was Richard's soul that had returned. When Randy was two and a half, he found a picture of an angel that Richard had painted. He became excited and ran to his father, saying "Lookie, Daddy, lookie. Me painted this.

Me painted this a long time ago." At age 3, Randy said to Hilda, "I was in your belly before I went to my mommy. But then I died and went to heaven and I saw Grandpa John. But I knew you needed me, so I came down here in my mommy's belly so I could be with you." Now, Hilda said, the entire family believes that Richard has returned as Randy. (24)

Dr. Ian Stevenson's Research

The massive amount of objective research by Ian Stevenson, M.D., is the most impressive evidence to date that we can have more than this one earthly experience. Stevenson's books include *Children Who Remember Previous Lives, Cases of the Reincarnation Type, Twenty Cases Suggestive of Reincarnation, Where Reincarnation* and *Biology Intersect*, and *Reincarnation and Biology*. The world's leading authority on the subject, he is the author of more than a dozen scholarly books and 250 articles.

Stevenson, who headed the department of psychiatry at the University of Virginia, spent most of his sixty-year career perfecting methods for verifying the past life memories of children. His work is not better known because he writes for other academicians, a fact to which anyone who has read his books can attest.

He and his staff compiled over 3,000 cases from Asia, Europe, Africa and North America. Nearly 900 of these were stringently verified and 35 percent of these had birthmarks or birth defects that matched injuries from previous lives. Eighteen of these cases involved two or more matching birthmarks. Stevenson calculated the chances that two matching sets of birthmarks—from a purported past life and the present one—would randomly occur to be only 1 in 25,600 times. The odds against this happening by chance eighteen times are astronomical.

Stevenson's stringent standards of research relied heavily on private and repeated interviews over time. He wrote a clinical textbook for psychiatrists based on methods used by attorneys to reconstruct past events as accurately as possible. He and his team investigated children who remembered possible past lives and their

families. The team also interviewed the family and circumstances of the alleged past life. Given the exacting methods of these professional researchers, it was virtually impossible for anyone— especially third-world villagers—to conceal a hoax.

Here are three summaries of Stevenson's cases:

- *Parmod, a 3 ½ year-old boy from India, remembered owning a soda and bakery store in another town. Upon arriving in that town, he led his family directly to the shop and knew how to repair a complex soda machine that had been inten- tionally disconnected to test his memory.*
- *Michael, a 3 year-old from Texas, remembered exact details of a fatal auto accident in his previous life. His recollec- tion— although no one in the family had ever told him— was that of his mother's high school boyfriend who had died just as Michael described.*
- *At just 1 ½ years of age, Sukla of India cradled a toy and said it was her daughter, Minu. During the next several years, she remembered more details of her past life and her family took her to that village. Sukla directed them to her former home and enjoyed a reunion with Minu, whose mother had died when she was a baby.*

Jenny Wade, Ph.D., noted parallels between perinatal memories and accounts by children about past lives. She viewed these as supporting an argument for consciousness independent of a physical body. Wade stated that Stevenson's research has withstood every serious challenge to date because of the impressive documentation and rigorous scientific methods used. Especially convincing, said Wade, is the high incidence of birthmarks and deformities in this life that correspond to injuries in an alleged former one. (25)

Of these birthmarks, author John Algeo said, "For example, a child may remember having lived another life including enough details about it (names, places, events) to permit investigators to identify the earlier personality. That personality died from a gunshot wound, and medical or coroner's records establish the location of the entering and exiting wound marks made by the fatal bullet. The child who remembers the earlier life has birthmarks

on places that correspond to the wounds of the prior personality.

Moreover, the birthmark corresponding to the exit wound is larger than the birthmark corresponding to the entry wound, just as the wounds themselves were, that being the normal pattern for bullet wounds. That is one type of case out of many involving birthmarks and defects." (26)

In *Stevenson's Reincarnation and Biology*—an eight pound, two volume work with 2,268 pages—photos show rare birth marks or defects that correlate with previous lives. One Burmese girl was born with her right leg missing just below the knee and had a marked phobia of trains. She remembered the life of a poor teenage girl who sold roses to passengers at the railroad station. A train ran over her and severed her right leg. The girl made detailed
statements and recognitions that convinced the family she was the embodiment of the teenager who was killed by the train.

Other examples of correlating birthmarks offering physical evidence of past lives include an Indian boy who recalled being killed by a shotgun blast to his chest. On this little boy's chest was an array of birthmarks that matched the pattern and location of the fatal wounds as verified by the autopsy report. Another shotgun victim was hit at point-blank range on the right side of the head as confirmed from the hospital report. The Turkish boy who remembered this life was born with a malformed ear and an underdevelopment of the right side of his face.

One woman had three linear scar-like birthmarks on her back. As a child, she remembered being killed by three blows to her back with an ax. Another boy in India was born with stubs for fingers on only his right hand—an extremely rare condition. He remembered a past life when his fingers were cut off in a fodder chopping machine. (27)

Regarding the evidence about birth marks and defects correlating with alleged past life injuries, Stevenson stated, "I accept reincarnation as the best explanation for a case only after I have excluded all others—normal and paranormal… I regard my contribution as that of presenting the evidence as clearly as I can.
Each reader should study the evidence carefully—preferably in the monograph (Reincarnation and Biology)—and then reach his or her own conclusion." (28)

Conclusions and Action Steps

The large amount of varied evidence for never-ending but periodically changing lifetimes is another indication of our natures as infinite beings of energy. Readers are encouraged to study the reference texts mentioned and, as Stevenson suggests, draw their own conclusions based on the existing evidence.

Suggested action steps include:

- ∞ Discuss these topics with your loved ones, minister, and church or spiritual support groups; share any past life memories you have experienced and listen to those of others.
- ∞ Read further about this topic from among the texts quoted.
- ∞ Reflect on how the idea of cyclical life experiences fits with your personal belief system.
- ∞ Experience a past life regression from a certified therapist.

Contact the International Association for Regression Research and Therapies to locate trained therapists in your area.

Benefit

Having resolute knowledge that living and dying are totally safe,

fair, and purposeful

I conducted a survey on the most pressing questions about life, death and afterlife. Among the hundreds of responses were many why questions: “Why would God let anyone burn in hell forever? Why did He take my little child? Why does God allow so much injustice on earth? Why can’t I discover what my mission in life is? Why do I feel so confused and hopeless about helping others?”

Most responses contained heart-rending details that reflected the immense struggle and suffering behind their questions.

I'll come back to these excellent questions, but first I have a question for you.

What if there were a sign by a roller coaster ride: 'All who ride on this will die. In addition, most of you will also burn afterward forever.'

Would you want to go on such a ride? Of course not. Yet, ridiculous as it sounds, this represents a common teaching about what a Creator of unfathomable wisdom and love plans for Its creation. No wonder so many people are confused about or want nothing to do with religion. It's not a mystery why so many are grappling with fear, guilt and disempowerment.

On the other hand, what if the sign said: 'Everyone who goes on this rollercoaster will complete the ride safely and securely. There will, however, be some thrills and chills along the way. It may be a little scary at times as you go through ups and downs along the tracks. But don't worry. All of you will arrive safely and be more courageous and wise for the experience.'

The latter description is a fairly accurate one for the roller coaster ride called life on planet earth. In fact, it's a beautiful analogy for the enlightened perspective that emerges when you realize the unseen energetic matrix that is the foundation of all life.

Now back to the questions. Based on the nine categories of evidence, much light is shed on these justifiable concerns.

1. **Why would God let anyone burn in hell forever** First, as discussed in the Religion and Spirituality Input chapter, much evidence indicates there is no fiery eternal 'hell.'

   Regarding why 'God' would allow this or that, the more we personify Source Energy, the less accurately we perceive that phenomenon. The questions above imply a controlling Ruler who needs anger management training, a big guy in the sky who decides minute details about every aspect of life.

   The Power and Presence described in the cumulative evidence is everywhere, all the time. But He/She/It isn't

a puppet master that constantly pulls strings affecting our lives: “This one dies, this one has to come back, I’ll allow this suffering but not that one”
and so on.

2. Why did He take my child?

Same answer about the nature of Life Source. As for children passing on, that can be horribly painful and seem unbearably tragic. I'm not minimizing that. However, *everyone*— including little children—are immortal beings of energy.

Maybe they were old souls and didn't have to stay on earth for long before their missions were accomplished. Perhaps they volunteered – out of love – to suffer in hopes of awakening people about what we are doing to our bodies and our planet. There are many possible reasons why the souls of little children would change worlds.

The words in this question are inaccurate. That's why, historically, few have been able to satisfactorily answer it.

3. Why does God allow so much injustice on earth? Ditto about the nature of Creator. The injustices only seem that way when you look at a small slice of life instead of the entire pie.

Eternity is a very long time; justice is always served even though it may not seem that way in this short earthly experience. The principles of karma reflect the way the universe works; you reap what you sow, inexorably.

4. Why can't I know what my mission in life is? and…

5. Why do I feel so confused hopeless about helping others?

These are essentially the same question. Remember the first roller- coaster sign? Feeling confused and disempowered is a predictable consequence of believing life is set up that way.

As such, one key is to pray and meditate to get in touch with that still small voice within. Then examine your heart and inner wisdom to decide for yourself what makes sense. There are many different religious doctrines about the nature of Creator, salvation, and the greater reality.

They can't all be right. What feels most true to you?

Enjoying a personal relationship with Great Spirit in an atmosphere of safety and trust is a prerequisite for clearly knowing your life purpose. When you know that life's roller coasters are totally safe,

you can better discern your roles and enjoy the ride. Review Benefit
4 about how to identify your soul's purpose and best serve others.

Knowing that living and dying are completely safe, fair and purposeful allows you to face each day—no matter what your outer circ**umstances—with faith, courage, clarity, and style.**

Evidence Category 9

Firsthand Experience & Other Ways of Knowing

At age eleven, I sat with my family during a church service. That particular morning, the minister mentioned hell in the context of a fiery eternal place of torment. As he continued, a loving and wise thought or voice resounded within and—it seemed at the time—all around me: "Mark, they are confused. God has no need for such a place in His plan of salvation for all."

Looking around to see if anyone else had heard this voice, I noticed that my family and other members of the congregation continued to stare straight ahead. Not wanting to seem kooky, I said nothing about what had happened, but life felt noticeably different after that. For the first time, I considered the possibility that ministers were merely passing on what they had learned in their training. I realized they were just people like me and they might be wrong about hell and other topics. That was my introduction to the concept of *trusting my firsthand experiences.*

For many, firsthand experiences constitute the most incontrovertible proof of their eternal soul natures. Atheists, scientific materialists, and close-minded skeptics can't dissuade those who have glimpsed their essential oneness with All That Is. As such, despite its subjectivity, this is one of the most personally convincing categories of evidence.

As Emanuel Swedenborg stated, “Do not believe me simply because I have seen heaven and hell, have discoursed with angels… Believe me because I tell you what your consciousness and intuitions will tell you if you listen closely to their voice.” (1)

More people are using *subtle discernment* to detect the breadth of reality that is often not sensed. Terms that describe other ways of perceiving the greater reality include: having a gut feeling, hearing an inner voice, having a deep knowing, hearing telepathically, and seeing with the mind’s eye. Jesus is quoted as speaking of hearing with ears that really hear and seeing with eyes that really see. The *nonsensate world*—that vast portion of reality that usually cannot be detected by the five senses —can be experienced in other ways.

Childhood Knowing

Some children vividly recall where they were before coming to Earth. As soon as they can communicate—usually around age three—these little ones report remembering pre-earthly realms and seeing energetic beings.

The souls of young children have just recently left the field of all possibilities, thus their remembrance of the *really real place* and expanded perceptions of the greater reality. For example, recall my comment at the age of five to my parents that a beautiful sunset reminded me of Creator.

Another personal experience happened when my younger daughter was four years old. After her mother and I read her a bedtime story, she drifted off to sleep and murmured: “I remember before I came to be with you. The sun always shined, it never rained, and I always wore pretty dresses. And, oh yes, Greg was there too!” (Greg was a pre-school buddy with whom there was an immediate and strong mutual attraction.) Then she stopped talking.

We waited, then quietly prompted her by asking, “Tell us more, what else do you remember?” Our questions awakened her and she said, “Oh, I must have been dreaming.”

In Western cultures, such reports often aren’t taken seriously or, even worse, they are ridiculed and punished.

Around age six, children typically become more indoctrinated into the physical

world and lose touch with the vast portion of life that many adults cannot sense. This may occur because:

1. formal schooling requires left brain focus on logical and ana- lytical thinking that filters out more subtle realities
2. the children engage in more structured activities with less time for spontaneous reveries that apprehend nonsensate realities
3. more fear of ridicule and greater desire to fit in

I asked Dr. Wayne Dyer when he first glimpsed that he was a soul. He answered: “I think I’ve known that since I was able to talk and think. Even as a little boy, I knew there was much more. I knew how to not be in pain, I knew how to cultivate the witness. It’s almost like leaving your body, you get in back of it and just watch it. I spent ten years in an orphanage and at times it was lonely and sad. I was able to step back and become the observer rather than what I observed. I think that’s a big part of higher awareness, of soul consciousness.” (2)

Much evidence across time and cultures indicates the presence of nonphysical beings. Children sometimes sense inhabitants of unseen realms such as angels, spirit guides, and loved ones – people and pets – who have changed worlds. Perhaps it’s time to give
more credence to ‘imaginary playmates’ of children and encourage, rather than scorn, their otherworldly visions and memories. When broached sensitively, these topics won’t confuse or upset children, but will reassure them that their perceptions may be accurate.

Glimpsing Unity Consciousness

Personal experience provides glimpses of unity consciousness, a greater apprehension that you are one with all life. All religions and spiritual wisdom sources encourage knowing your unity with the Ground of All Being. You are, by nature, a self-aware being who can realize and demonstrate your interconnection with All That Is.

The highest level of awareness – unity or cosmic consciousness

– recognizes that no one really is separate from each other and Source. We are all connected and one. As the poet Rumi said, “I, you, me,

he, she, they; these are distinctions which do not exist in the garden of the mystic."

In *No Boundary: Eastern and Western Approaches to Personal Growth*, Ken Wilber stated, "Unity consciousness is not a particular experience among other experiences, not a big experience opposed to small experiences… Rather, it is every wave of present experience just as it is… the true sages proclaim there is no path to the Absolute, no way to *gain* unity consciousness … there are *no means* to the ultimate, no techniques, no paths, and this is only because it is its nature to be omnipresent, present everywhere and everywhen … it is *this present experience* which always holds the key to our search." (3)

While driving over a long bridge recently, I enjoyed a cherished moment of oneness. Glancing up, I saw a flock of geese flying in front of a fading sunset. Then I looked over to see the river and its snowy banks. The entire scene seemed so familiar, as if I had somehow helped design the entire vista. I immediately felt a deep sense of peace and unity with all of life.

You've likely had at least one such moment. These sacred experiences can remind you that there is a meaning for all the seasons of life. Fleeting glimpses can evolve into your normative state, an absolute knowing that death does not exist. Your real self is *inextricably intertwined* with Unity Consciousness right now. Enlightenment is not a matter of becoming something you are not but, rather, just remembering who you really are.

John 17:21 in the *Bible* reflects this theme of realizing you are one with Infinite Intelligence *right now.* This passage states that Jesus prayed, "… that they all may be One; as thou, Father, art in me, and I in thee, that they also may be One in us…" I'm convinced that – before two millennia of changes and translations occurred – his statement was: "That they may realize, as I have, that they always are one with the Father."

The same sense is echoed in other religions, for example, *All is Allah* in Islam, *I Am That* in Hinduism, and *Hear, O' Israel, the Lord thy God is One* in Judaism. The *Bhagavad-Gita* stated, "They live in wisdom who see themselves in all and all in them."

Realizing you are part and parcel of unitive consciousness makes any questions about cessation of consciousness seem

nonsensical. Your real self is always securely planted in eternity. Your soul is like

a drop of water and E.L.G.O.D. is like the ocean. As such, you are an integral, infinite, and eternal part of that phenomenon. As the *Upanishads* stated, “The shining Self dwells hidden in the heart. Everything in the cosmos, great and small, lives in the Self. He is the source of life, truth beyond the transience of this world.” (4)

Awareness of your interconnectedness with all life helps you *avoid excessive identification* with the physical body that dies when you change worlds. As the *Bhagavad-Gita* taught: “The
all-knowing Self was never born, nor will it die. Beyond cause and effect, this Self is eternal and immutable. When the body dies, the Self does not die. If the slayer believes that he can slay or the slain believes that he can be slain, neither knows the truth.” (5)

Once you grasp this reality, even partially and momentarily, life is never the same. You then wonder how this great news wasn’t apparent before since *all life shouts it.*

The 1970s rock opera and movie *Jesus Christ Superstar* made this point very well. When ordered by Caiaphas to disband his followers and their celebration, Jesus replied: “Why waste your breath moaning at the crowd? Nothing can be done to stop the shouting.
If every tongue were still, the noise would still continue. The rocks and stones themselves would start to sing.”

Indeed, the great news of your unity with Life Itself is increasingly apparent as you awaken. That’s why it’s so important to optimally care for yourself and use centering practices. As discussed, it’s difficult to identify with your infinite self and live accordingly when you are ill, tired, depressed, or in pain. When you are more happy, healthy, energetic, and aware, you are in the flow with the magnificence and richness of life.

Centering Practices

Meditation and prayer are paramount for clearer perception of the greater reality. William Blake said, “If the doors of perception were cleansed, everything would appear to man as it is, infinite.” Of the importance of daily quieting the mind, Father Thomas Keating said: “Silence is the language God speaks, and everything else is a bad translation.”

Paramahansa Yogananda said, “Why should you think He is not everywhere? The air is filled with music that is caught by the
radio—music that otherwise you would not know about. And so it is with God. He is with you every minute of your existence, yet the only way to realize this is to meditate.”

In addition to prayer and meditation, other *centering practices* include: yoga, service to others, optimal self care, time with loved ones, gardening, chanting, breathing exercises, drumming, playing with pets, time with elders, metaphysical study, sewing, exercising, spinning, bodywork, energy movement practices like tai chi and qi gong, experiential seminars, hot baths, lovemaking, deep relaxation, shamanic trance work, and dance.

These activities temporarily turn down the brain’s chatter and help you realize how safely you are embedded in eternity. They allow access to wonderful timeless moments that aid recall of your true nature.

Regarding the importance of turning your senses inward, Houston Smith, Ph.D., stated: “As bridges to the physical world they (your five senses) are invaluable, but the yogi is seeking something else.
On the track of more interesting prey—the interior universe in which, according to reports, is to be found the final secret of life’s mystery—the yogi wants no sense bombardments… For the *yogi* is tracking the underpinning of life’s façade. Behind its physical front, where we experience the play of life and death, the *yogi* seeks a deeper life that knows no Death.” (6)

Sri Ramakrishna, a great saint from India, was asked: “Do you believe in God, sir?” “Yes,” he replied. “Can you prove it, sir?” “Yes.” “How?” “Because I see Him just as I see you here, only more intensely.”

I had a multi-sensory experience of Life Source in 1997 during a long yoga and meditation session at 5:30 in the morning.

While silently repeating the mantra OM, a louder and deeper chorus of that sound spontaneously resounded within and all around me. It was so real that I thought I would see a huge choir if I opened my eyes. Then I smelled fresh flowers even though it was
winter and there was no source for the fragrance. Next, even though my eyes were shut, I saw a radiant golden-white light in

my mind's eye. Then I felt what seemed to be Divine love, acceptance, and

understanding. Finally, a mild electrical current coursed throughout my body.

All this was so overwhelming that tears welled up in my eyes. It seemed that information and energy were being transmitted to me. The power and splendor were so great that, after just a few minutes, I felt I couldn't handle the current. I murmured aloud, "Oh my God!" and started laughing. Then the experience was over. But that sweet memory helps carry me through life's challenges and reminds me I'm always Home and one with the One, no matter what the external circumstances.

One teaching from that event is that I was not prepared to directly experience higher energies for very long. That level of power blew my mind and circuit breakers. I felt that my nervous system wasn't strong enough to handle the current. That experience still motivates me to live a healthy and refined life so I can serve as a conduit for those higher energies.

That's the main reason for centering practices: not to work yourself toward the Light, for It is always available. Centering techniques *upgrade the power and clarity of your perception* so you can comprehend reality more accurately. Your true and unending nature is energy, love, light, intelligence, peace, beauty, creativity, and joy. Certain practices help you remember and live out that truth.

Breathwork is an ancient and cross-cultural way to more deeply know and show your eternal nature firsthand. In the Aramaic and Hebrew languages, the words spirit and *breath* were used interchangeably. The Chinese word *chi* and Japanese *ki* variously mean life force, spirit and breath. Breathing techniques are simple and powerful keys to optimal living.

You can experience *Holistic Breathing* with my audio product available under Shop at SoulProof.com or from other teachers such as Stan Grof, Jacquelyn Small, Rusty Barrier, and Tom Goode.

Amazing benefits have occurred as I've facilitated holistic breathing sessions with many people over the years. A sixty year-old female cried and cried for fifteen minutes while rolled up in a fetal position. She then became very still and quiet for the rest of the session. Afterward, I asked what she experienced. During the quiet time, she visited loved ones—her husband, parents, and several pets who had passed on. She emphatically stated, "I'm totally convinced

I was really visiting with them in another dimension. It wasn't just my imagination."

A number of breathwork participants have also reported experiencing visits to *higher realms* during their sessions. Their reports were quite similar to those of NDErs: sensing beings of light, feeling profound peace, being embraced by the Light, and a reluctance to return to waking consciousness. Some participants experienced energetic healing while others felt that important information was being downloaded for them.

The transformational impact of breathwork was perhaps best described by a seventy year-old woman in South Carolina whose forty-five-year-old daughter had recently passed over. After tearfully letting go of much pain and sadness, she felt certain her daughter was an older soul who didn't need a long life to achieve its
objectives. This woman felt a newfound peace and acceptance about her daughter's passing. "I used to think I was here to teach her," she shared, "but now I know she was here to teach me."

Perhaps you've seen Oriental art depicting a wise sage standing on a bridge, impassively watching the river flow below. Regular use of centering techniques enables a firsthand experience of
the fullness of life. From this watcher state, you can calmly yet passionately participate in all life's changes while deeply remembering your magnificent nature and potential.

Consider these quotes about the importance of centering practices:

- *Pascal: All man's miseries derive from not being able to sit quietly in a room alone.*
- *Pythagoras: Learn to be silent. Let your quiet mind listen and absorb.*
- *John Donne: Wilt thou love God, as he Thee? Then digest, My Soul, this wholesome meditation: How God, the Spirit, by Angels waited on in heaven, doth make his Temple in thy breast.*
- *Rumi: Secretly we spoke, that wise one and me. I said, 'Tell me the secrets of the world.' He said, 'Ssssh, let silence tell you the secrets of the world.'*

Common Sense

That your essence continues to live after physical death just makes sense. This was beautifully stated in *Go Toward The Light* by Chris Oyler who described the moments after her nine-year-old son passed on after contracting AIDS from a blood transfusion: “The room was full of Ben. He was all around us everywhere. Warm and loving. He was lingering for a moment to say good-bye. To tell us not to worry, that there wasn’t anything to be afraid of, and never was… And you know that all that energy and love cannot just vanish without a trace.” (7)

The *Swiss watch analogy* is a common sense argument for the existence of a wise Higher Power and, thus, a good and just outcome for all creation. Following the logic of this *intelligent design* philosophy, imagine that you were walking down the street and found an expensive Swiss watch on the ground. Would you conclude that the watch was formed randomly and just fell out of the sky?
Or might you suspect that an organizing intelligence, like a master watchmaker, created the watch and someone lost it?

In the same way, consider the awesome complexity and intelligence—evident on both the macro and micro levels—in the human body, nature, and universe. An equally magnificent Creative Force is implied. Wouldn’t you think this Infinite Intelligence has an equally wise and just plan for all people?

Paramahansa Yogananda wrote, “Death gives new roles to actor-souls so that they may play in new dramas on the stage of life.” What a concise and reasonable explanation for why there is death and change! Imagine how bored you would become if life
always stayed the same. You wouldn’t learn anything new and you wouldn’t be challenged or entertained. You might sometimes wish you could freeze time, but a constant sameness would preclude opportunities for growth and service.

Spiritual teachers, evidential mediums, and clinical evidence indicate there are no accidents in life. They hold that there is an *exquisitely perfect* meaning behind all events. That is difficult to accept sometimes, for example, when children transition from earth or mass deaths occur.

When I asked Wayne Dyer about the concept that there are no accidents or tragedies, he replied:

It's only a tragedy if you believe that dying is a tragedy. It's not if you understand that everyone comes in and leaves when they're
supposed to. Our egos and our ideologies say that children shouldn't die and that no one should leave until they are one hundred and six years old and pass away in their sleep at night. But that's not the way the universe works. We show up here for the amount of time we're supposed to be here.

This is an intelligent system that we're all part of. Just imagine this for a moment: let's say you've got a junkyard with about ten million parts. There are toilet seats, broken glass, wires, pipes and all kinds of upholstery, screws, nuts and bolts and so on. All of a sudden, a big wind comes through and starts blowing all of these parts around. They blow up into a cyclone and then the wind passes. You look at the field where that junk yard was and sitting there is a Boeing 747, all ready to fly you off to London. What are the chances of something like that happening? Pretty slim.

Well, that's the same chance that our world just happened by accident. And there aren't just 10 million parts but zillions upon zillions of interwoven parts, all fitting together perfectly—not just on our planet but in billions and billions of other galaxies. The assumption behind the notion that this is all just an accident —that there is no force or intelligence behind it—is just as foolish and arrogant as assuming a windstorm could blow together ten million parts and create a 747. There's an intelligence behind everything in the universe and therefore there are no accidents in it. (8)

I know this may be difficult to fathom, especially if you are dying, freshly grieving the passing of a loved one, or experiencing heartache after a broken relationship. It helps to remember that you and everyone else are forever beings. As such, there will be ample opportunities for more adventures and to be with loved ones again. Having faith, not fear, is a major key to realizing just how safe, fair, and magnificent life is.

Living with Faith

Fear is a major obstacle that keeps people from enjoying a firsthand awareness of the greater reality. Rev. Norman Vincent Peale said, “Fear knocked on my door. Faith answered. No one was there.” *A Course in Miracles* taught, “If you knew Who walks beside you on the way that you have chosen, fear would be impossible.”

Regarding the Buddha, Huston Smith, Ph.D., stated, “In his later years, when India was afire with his message and kings themselves were bowing before him, people came to him even as they were to come to Jesus asking what he was… . the answer he gave provided an identity for his entire message. ‘Are you a God?’ they asked. ‘No.’ ‘An angel?’ ‘No.’ ‘A saint?’ ‘No.’ ‘Then what are you?’ Buddha answered, ‘I am awake.’” (9)

To become awakened requires, in part, seeing through the illusions perpetuated by fear. As you now know, much collective evidence clearly shows that you really are a wise, infinite, powerful, and eternal being of spirit / energy / consciousness. Death is just
a transition so you essence can move on to new adventures and missions. The more you awaken to this great news, the more you can live with trust, hope, and courage—not fear.

Spending time with dying people is an excellent way to work through fears about life’s greatest transition. I’ve been with many people as they died so death is not a stranger or a fearful unknown. Most people have a wonderfully peaceful look on their face just before and after dropping the body. Being present during just one *graduation to another realm* is a special gift that will reduce your fear.

Emily Dickinson wrote, “Because I could not stop for death, he kindly stopped for me. The carriage held but just ourselves. And immortality.” Native American teacher White Eagle stated, “You live on earth only for a few short years which you call an
incarnation, and then you leave your body as an outworn dress and go for refreshment to your true Home in the spirit.” Notice the words *kindly* and *go for refreshment*. These are much more apt images of death than that of a grim reaper.

In *The Little Prince*, Antoine De Saint-Exupery stated: “It is only with the heart that one can see rightly; what is essential is invisible to the eye.” When you perceive reality clearly and

without the

interference of fear, you realize and accept the impermanence of this world. You see through the illusion that the physical is all there is. As the Buddha is reported to have said, “Regard this phantom world as a star at dawn, a bubble in a stream, a flash of lightning in a summer cloud, a flickering lamp—a phantom—and a dream.” (10)

The letters FEAR can be viewed as an acronym for ‘False Evidence Appearing Real.’ Truly, there is nothing to fear when you know the *Soul Proof* evidence. When you really understand that you are a beloved and important part of Life Unfolding, you can relax, enjoy life’s adventures, and do what you came here to do. You can be a bright light for others when you live with a foundation of faith and knowledge, not fear.

And that’s when life really begins. As Kahlil Gibran said, “When the earth shall claim your limbs, then shall you truly dance.” But you don’t have to wait until you physically die to experience heaven on earth. Releasing the energy-draining impact of fear helps you live vibrantly now and forevermore.

First-Hand Experiences

Incredible firsthand experiences have been reported by respected people from all walks of life.

An experience at a holistic health retreat in 1996 helped convince me of the reality of the nonsensate world. I was walking toward the ocean and clearly saw two people swimming and standing in the water. As I waded in, I saw a tall male with dark hair and a shorter female bobbing and diving under the water. As I approached even closer, the female waved at me and I recognized her as my good friend Elaine.

I wondered who the man was since her husband was shorter and had white hair. I couldn’t see him and figured he was holding his breath under the water. When I reached Elaine, I looked all
around and asked, “Where’s that guy?” She looked at me like I was crazy and said, “What guy? I’ve been out here by myself for twenty minutes.” I described the fellow I had seen as clearly as I had seen her. “Maybe you saw my spirit guide,” she said. Maybe.

Perceiving non-physical beings is not so strange. During our radio show, Dr. Wayne Dyer shared, “I have had messages from another world although I don’t think of it as another world; it’s all one world. When it was time for me to leave drinking and drugs behind in my life, I received a very strong message in the middle of the night. I heard, absolutely heard, a voice that said: ‘I will guide you through this. You will never struggle with this again.’ And I walked away from those addictions.” (11)

Many thousands of people have likewise been healed by prayer, faith healing, and Higher Power-based twelve step programs like Alcoholics Anonymous, Al-Anon, Adult Children of Alcoholics, and Over Eaters Anonymous. Research has shown that the person in need doesn’t even have to know about the prayers to receive a cure. These miraculous cases suggest that unseen assisting and guiding forces are at work.

Entheogens are plant substances that can allow firsthand mystical experiences. With the same root word as enthusiasm, entheogens refer to bringing God within. Numerous people have had their eyes opened by the use of certain mind altering plants such as peyote, mushrooms, or ayahuasca. Religious and mystical practices in various cultures have gainfully used sacred botanical preparations to heighten awareness.

I can’t, however, recommend this approach for most people because of the potential pitfalls: misuse, addiction, and related illnesses or accidents. Ram Dass’ teacher, Neem Karoli Baba, said substances such as LSD can help you glimpse heaven, but they won’t allow you to stay there. For these reasons, I recommend the centering practices listed earlier as optimal routes to nonordinary states of consciousness.

Interested readers can learn more about this topic from books by Ram Dass (Richard Alpert, Ph.D.), Fred Alan Wolfe, Ph.D., Carlos Castaneda, Ph.D., Stan Grof, M.D., and Dennis McKenna, Ph.D.

While creating the *Soul Proof* documentary film:

- Several equipment malfunctions occurred as people we interviewed talked about spirit visitations by loved ones. Crew members could find no technical reasons
for the abnormalities. The equipment resumed working immediately after a spiritualist minister told the spirits

that their presence was noted and asked them to please not interfere with filming.

- In some cases, more than one person at a time sensed the same nonphysical visitors.
- Videographers said that new batteries needed replaced at unprecedented levels
- One psychologist shared his photographs of spirit beings using a variety of cameras, film and lighting sources. Since then, I have seen many orbs, glowing lights, and other worldly images on film captured by people from around the world.
- Interesting signs and synchronicities occurred that inspired people who received them. To learn more about this phenomena, read Super Synchronicity: Where Science and Spirit Meet by Gary Schwartz, Ph.D.

An Attorney Investigates the Afterlife Evidence

As described in his book *Life After Death: A Survey of the Cumulative Evidence*, attorney Sidney L. Freeman methodically investigated diverse evidence about the continuation of consciousness. He stated, "One of the greatest mysteries facing us all is what happens to us when we die. Is death the end of
everything? Or is there something beyond death? If so, exactly what is it?… I set out to prove it—one way or the other. I went about it like a lawyer—to see what the evidence showed. Did the evidence prove life after death to be a scientific fact or was it pure fiction?" (12)

Below are a few of the many fascinating stories in his book that indicate life persists after bodily death.

Freeman tells of repeated extrasensory sightings after an Eastern airlines crash in 1972:

Among the dead were the pilot, Bob Loft, and the Second Officer, Don Repo. On subsequent Eastern flights, the spirits of Bob Loft and Don Repo made themselves seen on many occasions. They were seen by stewardesses, flight captains, second officers, flight engineers and an Eastern vice-president, none of whom were clairvoyants. After a thorough investigation, John G. Fuller

furnished the details in his book, also made into a film, *The Ghost of Flight 401*.

Fuller recited many amazing incidents which occurred on other Eastern planes after the crash. Among them were: A stewardess took a head count and found she was one over. She discovered it was an Eastern captain. She told him he was not on her list.

The captain stared straight ahead and said nothing. She called the flight supervisor. He got nowhere. Then she called the captain of the flight from his cockpit. Half a dozen passengers watched the curious goings-on.

The flight captain bent over to talk to the silent officer. He froze: 'My God, it's Bob Loft.' In front of all the on-lookers, the real-life figure of Bob Loft simply disappeared."

One approach to substantiating contact by nonphysical beings involves electronic recording of their voices. As Freeman described it:

The most successful results were obtained with Dr. Konstantin Raudive, a Latvian psychologist. In the presence of guests, Dr. Raudive would record questions he asked aloud. After the questions, he paused and waited to hear answers. No answers were heard— either by him or the guests. But, miraculously, when the tapes were played back, answers were recorded on the tapes. Answers from whom? From his relatives and friends who had graduated from the earthly plane.

To avoid any charge of trickery, fresh, sealed, blank tapes were used and inserted by many different observers. A total of 60,000 such voices were recorded during the period of experimentations. The publisher, Taplinger Publishing Company of New York City, verified the facts by many different scientists before releasing Raudives' book for publication. It is entitled *Breakthrough,*
An Amazing Experiment in Electronic Communication With the Dead."

A high Catholic church official, Rev. Dr. Charles Pfleger, investigated these tapes and stated, "For some years now, we have been able to read reports in parapsychological literature about information received through mediums, indicating that the inhabitants of the 'beyond' are working on ways and means to contact humanity on earth. This idea is so alien to generally

accepted views, that the mention of such an absurdity raises only a pitying smile; but anybody taking the trouble to study Dr. Raudive's experiments will cease to mock.'"

(For additional information about electronic voice projection (EVP), visit the Afterlife Research and Education Institute (AREI) at AfterLifeInstitute.org.)

After examining much evidence and many firsthand reports, Freeman's reply to the question, "Can life after death be scientifically proven?" was "Yes, it has been—to a number of those who seriously delved into it, including some of the world's greatest scientists, as well as many prominent physicians, psychiatrists, psychologists, professors, businessmen, statesmen, lawyers, clergymen and major Church organizations. I have concluded, from the evidence, that life after death is a scientific fact. All of
us, without exception, will find ourselves in another, strange and intriguing new world when our physical body expires." (13)

Ghost Sightings

The phenomenon of *ghost sightings* is another category of evidence that consciousness survives physical death. Just one authentic ghost sighting strengthens the case for the reality of unseen dimensions. In the video documentary *Sightings: The Ghost Report,* paranormal researcher Tony Cornell of Cambridge University stated: "There's a lot of fraud in this, a lot of imagination, a lot of wishful thinking but when you strip that all out, there's about 20% hard core stuff that's exceedingly difficult to explain." (14)

Ghosts are considered to be souls or energy signatures that are stuck, for a variety of possible reasons, between earth and other realms. Your prayers and reminders that they can always enter the Light can help them move on. Helen from Germany shared the following fascinating story about such a spirit:

> For three months after my son-in-law passed over, there was an eerie sense of cold about the house. I heard heavy footsteps outside my bedroom window and encountered many sleepless nights due to being poked and pulled at. I knew deep inside who it could be, but chose to ignore it and pray that tonight would be the night that I would get

some

rest. This was not to be and finally I had enough. I looked at his photo with tears streaming down my face and said to
him, “Okay, baby, I know there’s something wrong and I will find someone who can help so that you can be at peace.”

As soon as I said that, the room felt suddenly warmer and brighter and a peace came over me that I can’t really explain. He had passed over so quickly and tragically that he had unresolved issues and hadn’t accepted his physical death. He only wanted somebody to help him and if I wasn’t so keen on denying his presence, I could’ve helped him sooner. I found
a medium to help send him into the Light. Those incidents never occurred again.

In the *Sightings* documentary, Kerry Gaynor, a paranormal investigator from UCLA, pointed out that seeing ghosts is not culturally dependent. This phenomenon has been reported in all cultures since the beginning of time. He stated, “How do you turn myth and legend into scientific facts? Research of photographic evidence has produced many hoaxes but a handful of pictures defy explanation.

Startling images, spectral apparitions—are these people from the past trying to make contact with the present?”

For example, a 1965 NBC news broadcast reported on “The Stately Ghosts of England” in which professional photographers set up infrared movie cameras in a castle with a history of ghost sightings. Captured on film was a shaft of light clearly emerging from one door, traveling down a short hallway, and entering another door.

As one researcher stated, “All the lighting conditions were controlled, windows were blacked out, there was no possibility of moonlight or car headlights coming through. When we saw the stuff later, there was a shaft of light which to me is completely
unexplainable.” Decades later, this paranormal phenomenon is still unexplained.

Stated Gaynor, “To ignore it (claims of ghost sightings) is to retreat into ignorance. To pursue it is to pursue one of the most baffling enigmatic mysteries that we have ever confronted about the nature of our being. In so doing, I think we have an

opportunity to take a quantum leap in our understanding of ourselves, indeed, in our understanding of reality itself."

He led a team of twenty researchers at a house where malevolent entity activity was reported. The woman who lived there could see this capricious ghost. Whenever she said, "There it is!" photographers took pictures but these always came out bleached completely white. After the woman verified that the ghost had left the area, control pictures were taken with the same film and equipment. These showed completely normal views of the woman and her house.

At one point, Gaynor and his researchers felt very cold air followed by a stench so severe that several people vomited. A series of photos showed arcs of light that were in empty space. That is, although the light appeared to cross corners of the room, the light was not bent and thus couldn't have been from an earthly light source. These photos were featured in *Popular Photography*, the only alleged ghost pictures ever presented in that magazine. Later, a ball of light traveled among the researchers who ducked and yelled, "Oh my God!" When the woman challenged the ghost to reveal its true appearance, an arm, shoulder, neck and bald head appeared that all present reported seeing. (14)

Just recently, an AP story described ghostly events at Hampton Court Palace outside London. Security personnel were investigating a fire door that had been found open repeatedly. Closed circuit surveillance cameras caught an unexplained specter on film. The pictures clearly showed a full sized robed figure with an unnaturally white face opening the door. A palace spokesperson said staff members were baffled and didn't know who or what it was. Ghosts associated with Henry VIII's third wife, Jane Seymour, and others have been reported there over the centuries.

The Arts and Consciousness

Another way of glimpsing the greater reality firsthand is through *the arts*. In *The Care of the Soul*, Thomas Moore, Ph.D., stated that art:

> Is that which invites us into contemplation—a rare commodity in modern life. In that moment of
> contemplation, art intensifies the presence of the world. We see it more vividly and more deeply. The emptiness

that many people complain dominates their lives comes in part

from a failure to let the world in, to perceive it and engage it fully.

Children paint every day and love to show their works on walls and refrigerator doors. But as we become adults, we abandon this important soul task of childhood… . maybe they are learning something more fundamental: finding forms that reflect what is going on in their souls. Art captures the eternal in the everyday, and it is the eternal that feeds the soul—the whole world in a grain of sand.

Many creative people have expressed their glimpses of the Divine in various forms. Emanuel Swedenborg's writings and William Blake's engravings are two examples of capturing visions in art form. Contemporary angel artist Andy Lakey was inspired to paint after his conversion from being a drug addict. His paintings have assisted thousands of people to have healings and revelations.

One painting from the 15th century depicted a scene commonly described in modern day near-death experiences—a darkened tunnel with bright light at the end and angels hovering about. Beautiful renditions of angels and light beings have been created by artists such as Gustave Dore, Matthias Grunewald, Botticelli, Blake, Pieta, Rembrandt, and da Vinci. Sculptors have memorialized angels in their work.

Inspiring movies and theatrical productions also nourish the human spirit with a rich blend of music, dance, theme, and acting.

Music can serve as a vehicle to connecting with your immortal self. Great music can inspire and remind you of loftier realms and your high potentials. Certain chords may touch your emotions deeply and instantaneously. A tuning fork-like effect can create concordant vibrations, a cascade of wavelengths between the musical notes and your inner being. Certain classical and New Age music may remind you of celestial sounds from other dimensions and thus trigger recall of your timeless nature.

In her book *Interior Castle*, Teresa of Avila discussed the concept of various rooms in the mansion of the soul: "… your soul has millions of rooms, most of which never have their doors opened.
And in every one of them there are labyrinths and fountains and jewels and gems and gardens."

Of her quote, Rev. Matthew Fox commented, “I just love that. I remember once I was lying on my living room floor listening to opera and in the middle I said, ‘Why am I listening to opera, who needs opera?’ Then that line from Teresa of Avila came through— we have to open up these doors of the soul, and maybe even opera
can do this. Why die before we’ve opened at least a million doors!”

Famous writers throughout the ages have described their firsthand experiences and conviction about the greater reality:

- John Greenleaf Whittier: A presence strange at once and known, walked with me as my life guide; the skirts of some forgotten life trailed noiselessly at my side.
- Louisa May Alcott: I seem to remember former states and feel that in them I have learned some of the lessons that have ever since been mine here. And in my next step, I hope to leave behind many of the trials I have struggled to bear here and begin to find lightened as I go on.
- Ralph Waldo Emerson: Great men are they who see that spiritual is stronger than any material force, that thoughts rule the world.
- Helen Keller: Death is no more than passing from one room into another. But there’s a difference for me, you know. Because in that other room I shall be able to see again.
- Herman Melville: Methinks we have hugely mistaken this matter of Life and death… . Methinks my body is but the least of my better body. In fact take my body who will, take it I say, it is not me.
- John Milton: Millions of spiritual creatures walk the earth unseen, both when we wake and when we sleep. What if earth and heaven be to each other like more than on earth is thought?
- Goethe: The thought of death leaves me in perfect peace, for I have a firm conviction that our spirit is a being of indestructible nature.

- William Wordsworth: Our birth is but a sleep and forgetting; the Soul that rises with us, our life's star, hath had elsewhere its setting, and cometh from afar: not
in entire forgetfulness, and not in utter nakedness, but trailing clouds of glory do we come from God, who is our Home.

Perhaps the contributions of artists, musicians and writers are so deeply felt because, ultimately, many aspects of consciousness cannot be adequately described in words. As soon as you try to name or define the Infinite in human terms, much of Its richness, mystery, and essence is lost.

Conclusions and Action Steps

Firsthand experience, centering practices, common sense, and the arts remind you who you are, why you're here, and where you're going. These are ways, as Robert Browning put it, to open out a
way for your inner light to emerge. This challenging world makes much more sense when you value and are inspired by your firsthand experiences.

Suggested action steps for this category include:

∞ Reflect upon firsthand experiences you have had and review the lessons and blessings from them.

∞ Meditate and pray on a regular basis to quiet your mind and more clearly hear the Presence.

∞ Incorporate other centering practices such as yoga, breath- work and time in nature.

∞ Enjoy the arts to better appreciate the miracles and beauty that abound within and all around you.

9

∞ Benefit

Enthusiasm, joy, and gratitude about an eternity of love, service, adventure, growth and enjoyment

Even a glimpse of life's bigger picture can radically improve your life, especially during tough times. As Martha from England wrote after reading Soul Proof: "My son and dad died two years ago and your information has been a great comfort during my grieving. Keep up the fabulous articles; you are helping many people understand what life and the afterlife are all about."

Tom said, "Your book changed my life spiritually. I now feel happier about myself. You helped me put what my subconscious was feeling into conscious thinking. I really am an eternal soul; thanks to you, I now realize this. This may sound like a small thing but, to me, it is just the beginning."

Susan wrote, "You've definitely improved my outlook on life. I now feel that I can make the most of it, fulfill my potential here on earth, and look forward to the afterlife. Thanks again!"

These people have beautifully described the powerful benefits of knowing your eternal nature. The bottom line? No matter what does or doesn't happen to you, you can handle it and you'll survive it. To paraphrase Nietzsche, that which does not kill you makes you stronger—and nothing can kill your spirit. Your real self is much more resilient and mighty than any

difficulties you might encounter.

Look at it this way. Do you worry and grieve after watching a movie in which the main character struggles or dies? Of course not! It's just a movie. Your time on earth is very much like a movie, play, book, or virtual reality experience. Your essence is timeless; it has lived before and will live after this brief earthly episode.

French philosopher Voltaire said that God is like a comedian playing to an audience that's afraid to laugh. You've probably seen slapstick comedy where someone died very dramatically, pumped

his feet up in the air, had many last words, kicked a bucket, and did other humorous stunts. Just imagine how funny any worry about death is since you merely observe a different part of the field of all possibilities.

Life is an infinite journey with endless opportunities for loving, service, adventure, growth and enjoyment. The same energy and intelligence that created and sustains the universe also resides within you. The more you fathom this, the more you will realize how exciting and awesome life is in every way.

Realizing that you are a forever being helps you celebrate the fact that you are already firmly planted amidst eternity. Eternity doesn't start someday, maybe, if you believe and act a certain way. Forever is happening now. This is it. This awakening helps you go through life – even the sad and difficult parts – with an attitude of trust, confidence, and excitement.

Some people lead lives of quiet desperation and just cope from one difficulty to another. I've done my share of this and am not criticizing those who are immersed in the melodrama. How ludicrous our suffering is, though, when you're just acting out one of an infinite numbers of plays while another part of you never leaves Home.

Helen Keller said that life is either a daring adventure or it is nothing at all. She is right; life truly is a daring adventure. You can best realize that and live accordingly when you deeply know that you and everyone else are soul proof.

Your mind can function at the same level as Creative Mind. Your energy can be a reflection of Source Energy. Just think how immeasurably better your life will be as you apply high levels of intelligence, peace, power, and wisdom to every life situation. For example:

- When *a loved one passes on, say and know: "Bravo! She graduated to a higher plane. When I cross over some day, she'll be there to greet me!"*
- *When a relationship ends: "Our time together has come to an end for now, but eternity is forever and I'm sure we'll cross paths again."*

- *When financial loss occurs: "Although I wouldn't have chosen this, it will take me down different roads in life and create new opportunities for growing and serving!"*
- *When your dreams are broken: "Things didn't turn out the way I wanted them to, but this can be a giant step toward even greater outcomes!"*

Likewise for all the other challenges of life. When viewed through awakened eyes, there is no misfortune; it's just *life unfolding* with perpetual change and endless experiences. If Helen Keller can see life as an exciting adventure, you can too.

Varied evidence indicates that your soul *chose* certain life circumstances for the growth and service opportunities therein. From their more expansive perspective, your soul knew that it was worth it to go through trials and tribulations for a relatively short time.

Viktor E. Frankl, M.D., Ph.D., survivor of Nazi death camps and author of *Man's Search for Meaning*, termed this enhanced perspective as *supra-meaning*. He asked whether an ape used in research to develop polio serum would grasp the meaning of its
suffering. Only from a human perspective could the ape understand why its veins were punctured for blood samples.

Then Frankl stated, "And what about man? Are you sure that the human world is a terminal point in the evolution of the cosmos?
Is it not conceivable that there is still another dimension possible, a world beyond man's world; a world in which the question of an ultimate meaning of human suffering would find an answer?" (16)

During a Life Between Lives (LBL) regression, one woman recalled a past life on earth and the time after that in the really real place.
During the earthly life, she was plagued by one disappointment after another. Her life seemed to be a series of failures, broken dreams, sadness, and loneliness. However, when she passed on, she found that these *hardships had prepared her* for a particularly demanding role on the other side: helping recently arrived souls who had been abused to death as babies. Her earthly struggles had strengthened her spirit and deepened her compassion sufficiently to serve in that demanding way. So, you tell me, was her earthly suffering worth it?

Rev. Geraldine, a dear friend who recently passed on in her late seventies, is another example of how a rocky start can transform your life for the better. Raped by a family member at age fifteen, she became pregnant and her family threw her out on the streets. Thus began a long and difficult path that led to her becoming a superb minister, speaker and healer. While speaking to a group shortly before her death, she said she wouldn't change events during her teens if she could because that adversity allowed her to help so many people over her lifetime.

In my work with thousands and thousands of people in hospitals, mental health centers, private practice and workshops, I've witnessed many amazing personal transformations. I've seen hardened people whose hearts I thought would never open in this lifetime change into loving, angel-like beings as a result of suffering. This strengthens my belief that life makes perfect sense when you look at the big picture.

One example was Harold, a bear of a man who suffered with severe emphysema after many years of smoking. He was very demanding and belligerent during his increasingly frequent hospitalizations and most hospital staff disliked working with him. Over a two-year period, however, I noticed him slowly but surely changing. At first, he started saying thank you and making small signs of civility. Then he opened up and shared how difficult it was to miss out on activities he loved such as fishing, hunting and breathing.

Later, as his condition worsened, he cried and apologized for what a mean SOB he used to be. Gradually, a peace and acceptance overcame him. Toward the end, he was like an angel and he mercifully passed on. Although he suffered greatly, his transformation was impressive.

You don't have to suffer to grow spiritually. By all means, do everything you can to be totally successful: healthy, happy, prosperous, enlightened, peaceful, enjoying loving relationships, and contributing meaningful life work. But when life serves up a challenging curve ball, remember that it's all good. The blessings may not be obvious now, but they will be some day. Keep taking your best swings and know that you'll

never get cut from Life's team. It's just a matter of time before you knock some pitches out of the park.

Remember, you are an immortal soul who is having a very temporary earthly experience. Being on this planet isn't easy at times, but it offers invaluable opportunities for loving, service, adventure, growth and enjoyment. When you remember this, you
can fully live each day with purpose, power, and enthusiasm.

Afterword

“Let us live as if we were immortal.” - Aristotle

I end this book the way I started it—with Aristotle’s remarkably visionary statement. In his time, concrete proof was limited. Today, an immense amount of evidence clearly shows that you are an indestructible being of energy, light, consciousness, spirit.

Life-changing paradigm shifts are occurring as more and more people view death as not an end, but the doorway to another phase in eternity. They see death not a grim reaper, but an all-wise and loving Light. They realize that *they are infinite beings right now* and part of Source Energy. The evidence presented in *Soul Proof* can help you internalize the transformative power of these shifts.

I now return to my two questions in the introduction. After considering the evidence, are you more personally convinced about the reality of your indestructible nature? And now that you have this knowledge, how will it shape the way you live and treat yourself and others?

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I always wondered how the Soul Proof evidence would serve me when a close loved passed on. I found out in 2007 when my dad, one of my best friends and a superb father, passed on from this world.

Despite my bedrock foundation of faith and knowledge about our immortal natures, I nonetheless felt profound sadness. I

experienced all the stages of grieving as I mourned not being able to see, hear, and feel him.

However, there was also joy, gratitude, and lightness. I was happy that he was free of his aged infirmed body and had graduated from earth school. I knew without a doubt that I would see him again when I crossed over. Perhaps most reassuringly, I realized that I could nurture a new type of relationship with him now.

Since his transition from this world, I've enjoyed several interesting communications with him. Lucid dreams in which we visit are common. Other family members have experienced unmistakable events that they felt were contacts with dad. My faith, knowledge, and personal experience allowed me to handle his passing more easily and quickly.

∞ ∞ ∞ ∞ ∞

Let's review the many benefits of a strong, internalized knowledge of your indestructible nature:

1. Little or no fear and grief about physical death.
2. Greater trust about all the phases of life, even those involving suffering and tragedy.
3. A deeper understanding and peace about life's biggest questions.
4. Increased clarity and courage to fulfill your heartfelt callings.
5. More peace and acceptance about life's inevitable changes.
6. Feeling closer to the Light and Source of all life.
7. Greater appreciation for and care of your body.
8. Resolute knowledge that your earthly experience is totally safe, fair, and purposeful.
9. Enthusiasm, joy, and gratitude about an eternity of love, ser- vice, adventure, growth and enjoyment.

With all those benefits, you're unstoppable. After all, you're soul proof!

Thank you for sharing this good news with those who are *searching* and *suffering*, particularly if they are:

1. grieving the passing of a loved one, especially a child
2. fearing their own bodily death
3. struggling with the suicide of a loved one
4. in the process of dying
5. suffering with difficulties such as failed relationships, physical/ mental illness, broken dreams, financial loss, lack of purpose, or addicted loved ones
6. considering ending their earth-experience by suicide
7. mourning the passing of a beloved pet
8. wrestling with past religious teachings that don't make sense to them now
9. searching for sensible answers to their biggest questions and challenges
10. desiring to enjoy the greatest life they have envisioned
11. wanting to transform themselves and our planet for the better

Now it's time to let your light shine magnificently, always and in all ways. You can do that consistently while enjoying all the blessings that accompany living with high, refined energy.

May you forever deeply know and vibrantly show your high soul nature!

Appendix A: Language for

After-Death Communication (ADC) describes a meaningful perception, while awake or dreaming, of loved ones who have changed worlds.

Afterlife is a word so well established that I will continue using it even though it has several limitations. First, it implies linear or sequential time – human birth, life on earth, bodily death, then the afterlife - even though time appears to be more cyclical or observer dependent.

Next, it has connotations of a physical place that is somewhere far away. Finally, the word may be misunderstood to represent a final destination where beings go to and stay for eternity. When using this term, please consider these points. I'll use the following synonyms to describe aspects of eternity that are:

1. connected and energetic even though they may appear sepa- rate and physical to limited human sense
2. changing versus static
3. just one of many possible time-space possibilities among an infinite number of choices

Synonyms include: field of all possibilities, other planes of consciousness, the next phase of forever, and other time-space dimensions.

It's important to realize that you and everyone else are in the field of all possibilities right now and always. Your current earth experience just seems to be a solidly physical manifestation because of your particular intention, evolution of consciousness, energy level, stage of sense development, and degree of enculturation.

Awareness – see Consciousness

Bodily Death / Bodily – see Physical Death / Physically Die

Channeling is considered to be what an extrasensorily gifted person – a channeler – can do by relaying information from what are described as collective energies, angels, guides or master teachers.

Consciousness is that which perceives and experiences events before, during and after a human experience. For simplicity, I will use the word consciousness synonymously with mind and awareness. Scientifically, however, the word mind is broader because it includes both consciously aware and unconsciously unaware processes.

These terms describe that which is conscious of sensation, perception, motivation, intuition, information processing, cognition, memory and emotion. They also include the information (form, structure, pattern, personality, wisdom) and energy (power, force, motion, love) that are perhaps the most fundamental understandings of absolute reality.

Depending on a number of factors, your consciousness may be more or less mindful of the greater reality. After your body dies, your consciousness can expand because it is less restricted by the filter of the biological brain. Your consciousness then continues but in a different way because of your earthly experiences and learning.

Cyclical Life Experiences is a term denoting the myriad life-experience possibilities during eternity. This concept opens the door for the possibility that you do not have to experience just one slice of life at a time. Part of your consciousness may manifest
in this earthly experience while another portion simultaneously experiences parallel realities. These may be more easily understood as a series of ongoing virtual reality experiences.

Energetic Body, also known as the astral or energetic body, refers to a historical energy system of a person after the earthly body dies. Dr. Schwartz refers to this as an “info-energy system” in his book The Living Energy Universe. Indications are that beings in the next phase of forever can take on a more substantial appearance when visiting humans, greeting loved ones who have recently crossed over, or while enjoying various activities.

Energy is used to describe the power and vitality of a person or system. From a materialistic perspective, we may think of energy as coursing through wires to make electronic devices work. However, in discussions about consciousness, the word energy refers to that which cannot be destroyed. It's been recognized by various cultures and termed chi, ki, prana, bio-energy and life-force.

Force has a standard definition of energy or power as the result of physical action. From a materialistic perspective, a readily measurable force, such as metal flying through the air, is needed to create an observable reaction. However, changes in energy or physical states without a visible force being applied have been observed. Psychokinesis, for example, has been studied by researchers at several universities. Many after-death communications have involved alterations in electronic device functioning or movement of physical objects.

G.O.D. stands for the universal guiding, organizing and designing process in life that has historically been called many names in religions. See Dr. Schwartz's book The G.O.D. Experiments to learn more about the love, power, intelligence, and creativity that is behind and within all life.

The letters E and L, for Energizing and Loving, can also be added to G.O.D. The acronym E.L.G.O.D. captures more of the attributes of this ultimately ineffable phenomena. Those additional letters also honor ancient names for the Divine. El or Al – the root words of Elohim, Eloha, Allah, and other sacred names for God – meant That, The One, or That One which expresses itself uniquely through all things.

Other synonyms include: Source, Higher Power, Creator, the Light, One Mind, the Ground of All Being, the Presence, and All That Is.

Greater Reality describes the totality of life, most of which is imperceptible to human senses. Extrasensorily gifted people –
mediums, shamans, mystics and other more sensitive persons – can perceive more of All That Is. Synonyms include: all that exists, absolute reality, and the big picture of life.

Greater Reality Living is a term that invites you to consider how you might live and treat others as you see more of life's big picture. What higher paths could be taken when you deeply

know that bodily death is a relatively minor event in the eternal scheme

of things? How could you live more optimally when you really internalize that you are a timeless being?

Human Birth provides a reminder that you existed before your current earth-suit was formed. Adding human to the word birth highlights the evidence that only your physical body (much less than 1 percent of who and what you are) arrived on your earthly birthday. The rest existed before.

Information describes data or facts that are learned or conveyed. Systems theory, as taught by Dr. Ervin Laszlo – author of Science and the Akashic Field – and others, holds that reality can best be understood as the totality of energy and information stored in a quantum void. Dr. Schwartz combines energy and information in his concept of dynamical info-energy systems.

A number of factors affect whether your info-energy appears to be having an earthly or different time-space experience. Further, in this view, expanded access to energy and information is possible under certain conditions. Different cultures and disciplines have described this repository as the Akashic Record, Hall of Truth, or Collective Unconscious.

Higher Energy Assistants / Assistance describes help from evolved conscious beings / sources. From a religious or spiritual viewpoint, this aid can be seen as coming from Assistants: saints, angels, guides, and master teachers. From a more secular or scientific perspective, this can be seen as higher energy Assistance. In either case, there is good evidence that higher, faster, and more refined energies provide support and guidance – especially when invited to do so.

Imbalanced Spirit is a term I use instead of evil spirit. Just as there are immature, imbalanced, and malicious humans on earth, the same appears to be true in other planes of existence.

Matter refers to a solid substance when compared to energy. In physics, matter is considered to occupy space and contain mass at rest whereas energy does not. However, electron microscopes and other devices reveal that matter is not as solid and physical as it might appear and consists mostly of empty space.

The apparent solidity of matter depends on who is observing. Quantum or electro-dynamical physics hold that matter and energy shift back and forth many times per nanosecond with varying

particle and wave characteristics. For now, consider that matter may not be as solid, nor energy as insubstantial, as it may seem.

Mediums are persons with sensitive abilities that exceed the normal range of human perception. These can involve clairaudience (clear hearing), clairvoyance (clear seeing), clairsentience (clear feeling) or claircognizance (clear knowing.) Mediums usually convey messages from loved ones whose bodies have died, but others specialize in teaching and research.

Mind - see Consciousness

Near-Death Experience (NDE) describes perceptions a person may have while clinically dead. NDEs have been described similarly and independently across time in various cultures and by children. Documented NDEs refer to accurate observations of events that a clinically dead person could not know unless, indeed, consciousness exists apart from brain function.

Out-Of-Body Experience (OBE) is a novel experience for many people. OBE examples include viewing one's self as though from above or experiencing being outside of one's body while not clinically dead.

Perinatal Experience (PNE) is an awareness, recalled spontaneously or during hypnosis, of the time period(s) just before, during or after human birth. PNEs usually involve young children who accurately describe events in these time periods despite having never been told anything about them. These reports suggest that awareness pre-exists and operates independently of the human brain.

Physical Death / Physically Die more accurately convey that only the physical shell falls away when you pass on. Synonyms for the verb form include: pass on, change worlds, cross over, graduate from earth-school, transition into the field of all possibilities, and drop the body.

Spiritually Transformative Experience (STE) is an occurrence involving a deeper knowing that you and everyone else are important and eternal parts of Source right now. STEs often engender a more humanistic viewpoint and reordering of priorities.

STEs can be triggered by a near-death experience, out-of-body experience, after-death communication, or bodily death of a loved one – especially a child. Other triggers for STEs include childbirth,

deathbed vision, exposure to violence, meditation, mind-expanding drugs, precognitive incident, intuitive event, evidential medium session, deep love, synchronicity, and music that touches you deeply.

Synonyms for the verb form ‘have a STE’ include: see the light, awaken to the greater reality, see the bigger picture, and become enlightened.

Stuck Spirit, my preferred term for ghost, refers to a soul whose body has died but is temporarily in limbo instead of entering
the Light. Possible reasons for not moving on after the body dies include: the desire to reassure earth-bound loved ones; strong emotions such as anger or the desire for revenge; shock after a sudden or violent passing; beliefs about nothing existing after bodily death that carry over for a while; addictions to excess alcohol, drugs, sex, materialism, gambling, etc. and fear that these are not available in more ethereal realms; or limited knowledge about the open- ended possibility of entering the Light.

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About the Author

Mark Pitstick MA, D.C., has forty-five years' experience and training in hospitals, pastoral counseling settings, mental health centers and private practice. His training includes a premedical degree, graduate theology and pastoral counseling studies, masters in clinical psychology, and doctorate in chiropractic health care. He also has provided suicide prevention counseling and education to many people.

Mark became aware of clairaudient experiences at age ten and has since been blessed with numerous miracles, revelatory, and spiritually transformative experiences. After working in hospitals with many suffering and dying adults and children, he was motivated to find sensible, evidence-based answers to the questions that many people ask: "Who am I? Why am I here? What happens after I die? Will I see my loved ones again after physical death? Is there a Higher Power? If so, why is there so much suffering?"

His outreaches address these questions and help you survive and even thrive through life's biggest changes and challenges. Further, his work helps you discover enjoying the greatest life you have envisioned, despite your current circumstances.

Dr. Pitstick is also the author of *Radiant Wellness: A Holistic Guide for Your Earthly Experience*, and *The Eleven Questions: Everything You Ever Wanted to Know about Life, Death, and Afterlife.* He also co-authored, with Gary Schwartz Ph.D., *Greater Reality Living: Integrating the Evidence for Eternal Consciousness Into Your Daily Life.*

Mark produced the *Soul Proof* documentary film that was based on his book. He has also created eight Healing & Transformational CDs using hypnosis, breathwork, and guided imagery. A frequent

radio guest, Pitstick hosted *Soul-utions,* a nationally syndicated radio show about practical spirituality, and *Ask the Soul Doctors* interviewing top consciousness experts.

Mark is certified in Past Life Regression therapy by Brian Weiss M.D. and the Facilitated After-Death Communication technique by Raymond Moody Ph.D., M.D.. He is a board member for Helping Parents Heal (HelpingParentsHeal.org) and writes the Q & A for their newsletters.

He is director of the SoulPhone Foundation (SoulPhone.org) that supports the spirit-communication technology R & D of Dr. Gary Schwartz at the University of Arizona. Pitstick has given many nationwide workshops on expanding consciousness and holistic wellness at churches, expos, retreats, and conferences.

Most recently, he co-founded the Greater Reality Living Community Groups (GreaterRealityLiving.com). These local and online meetings will allow people to learn the evidence that clearly shows life continues after physical death. Attendees can discuss how this knowledge impacts the way they live and treat themselves and others. Special emphasis will be on how we each can serve others and make the world a better place.

To learn more about Dr. Pitstick and his outreaches, visit SoulProof.com.